Sprouts Veg Fried Rice Recipe



Sprouts veg fried rice recipe is an easy, healthy vegetarian lunch dish can be done quickly at home. All you need is cooked rice, veggies and green gram sprouts. You can use any vegetables of your choice, even you can use mixed sprouts if you have in hand. I usually make chinese fried rice or japanese style fried rice or vegetable fried rice or chinese egg fried rice for lunch. Since I have some homemade green gram sprouts in fridge, I prepared in the same way of veg fried rice. You don't need any side dish for this rice, just potato chips or ketchup is enough. You can pack this sprouts rice for lunch box for kids or adults or get together.

How to make Sprouts veg fried rice recipe

Sprouts Veg Fried Rice Recipe



Save Print
Prep time
20 mins
Cook time
15 mins
Total time
35 mins

Sprouts veg fried rice recipe is an easy, healthy vegetarian lunch dish made from rice, veggies and sprouts. You can pack this kids lunch box.
Author: gayathri ramanan
Recipe type: rice
Cuisine: Indian
Serves: 2
Ingredients

- 2 Tsp of butter
- 2 Tsp of Oil
- ½ Red Onion, sliced

- 1 green chilly
- 2 Garlic Cloves, Chopped
- 10 Baby Carrots, Chopped
- ½ Yellow Capsicum, Chopped
- ½ Orange Capsicum, Chopped
- ½ Green Capsicum, Chopped
- 2 Green Onions, Chopped
- 1 Cup of Sprouts
- 2.5 Tsp of Soy Sauce
- 1 Tsp of Vinegar
- ½ Tsp of Sugar
- 1 Tsp of Tomato Ketchup (optional)
- 1 cup of Basmati Rice
- Salt to taste

Instructions

1. Wash and cut all the vegetable finely.
2. Soak the basmathi rice for 10 mins.
3. Cook the rice in cooker for 2 whistles. Spread it in a plate and Cool down the rice and keep it aside.
4. Heat a pan with butter and oil, when it is hot, add onion, green chilly and garlic, fry this for few mins.
5. Add all the vegetables (carrots, capsicum and lastly green gram sprouts) frying each for 2 mins.
6. Add soy sauce, salt, pepper, tomato ketchup, vinegar and sugar, fry this for a min.
7. Finally add cooked rice, mix well gently. Check for salt.
8. Add chopped green onion (spring onion) green part only.
9. Switch off the flame and transfer it to serving bowl.

Notes
USe any veggies of your choice.
You can also use mixed sprouts.
For 1 cup of rice, add 1.5 cup of water
Cook all the vegetables in a high flame to retain its crunchy taste.
If you like ajinamotto, just use a pinch of it.

If you dont like crunchy taste of sprouts, cook it in cooker with water before using it.



tags: sprouts fried rice, sprouts fried rice recipe, how to make sprouts fried rice recipe, sprouts veg fried rice recipe, easy fried rice recipe, prepare fried rice at home, restaurant style fried rice, lunch box rice recipe

Tags: sprouts veg fried rice recipe, fried rice recipe, how to make sprouts fried rice, sprouts rice.

Quinoa Vegetable Biryani / Indian Quinoa Recipes



Quinoa biryani / Quinoa vegetable biryani is a super healthy and quick to make dish with lots of protein, no starch and it

is a gluten free. I followed the vegetable biryani recipe and added quinoa instead of rice. I know, this dish may not look good but it tasted delicious with nutty flavor and filling. Here I used red quinoa, you can also use white quinoa in this recipe. This quinoa biryani is good for weight watchers and diabetic people. Serve this quinoa biryani with onion raita or plain yogurt and chips. (please refer note section for tips)

Also refer my other two Indian quinoa recipes

1. Quinoa Dosa
2. Quinoa Kuzhi Paniyaram

Quinoa Vegetable Biryani / Indian Quinoa Recipes



Save Print
Prep time
10 mins
Cook time
30 mins
Total time
40 mins

Quinoa vegetable biryani is a super healthy recipe with lots of protein and it is a gluten free dish. I followed the same vegetable biryani recipe and added quinoa instead of rice. Serve this quinoa biryani with onion raita and chips.
Author: Gayathri Ramanan

Recipe type: lunch
Cuisine: Indian
Serves: 2
Ingredients

- 3 Tsp of Cooking Oil
- 3 Cloves
- 1 Cinnamon
- 2 Cardamom
- ½ Tsp of Fennel Seeds
- Few Curry Leaves
- 1 Red Onion, Chopped
- 1 Green Chilly, Slit
- 2 Tsp of Ginger Garlic Paste
- 1 Tomato, Chopped
- 2 Tbsp of Yogurt
- 7 Mint Leaves, Whole
- ¼ Cup of Chopped Carrot
- ¼ Cup of Chopped Beans
- ¼ Cup of Peas (frozen)
- 2 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder
- ½ Tsp of Garam Masala
- ½ Cup of Quinoa
- 1 Tbsp of Fried Onion (optional)
- ¾ Cup of Water or as needed (Refer your Quinoa bag)
- Salt to taste
- Coriander Leaves as needed

Instructions

1. Heat a pan with oil, when it is hot, add cloves, cardamom, cinnamon, fennel seeds, curry leaves, saute it for few secs, add onion and fry till it turns golden color.
2. Add green chilly and ginger garlic paste, fry for 2 mins until raw smell vanishes. Add tomato, fry till it turns soft and mushy.
3. Add mint leaves, coriander leaves, carrot, beans, peas,

fry it for 2 mins.

4. Add coriander powder, red chilly powder and garam masala, fry it for a 2 mins.
5. Add yogurt, fry well for a min.
6. Add quinoa, mix well with masala and add water, salt and fried onion, let it come to rolling boil, place the tight fitting lid and simmer it for 20 mins.
7. Remove it from heat and garnish it with coriander leaves and check for salt.
8. While serving, dig all the way to the bottom of the pot with a laddle to get a quick mix of masala and quinoa.
9. Hot, yummy quinoa vegetable biryani is ready to serve.

Notes

You can use any kinds of quinoa for biryani.

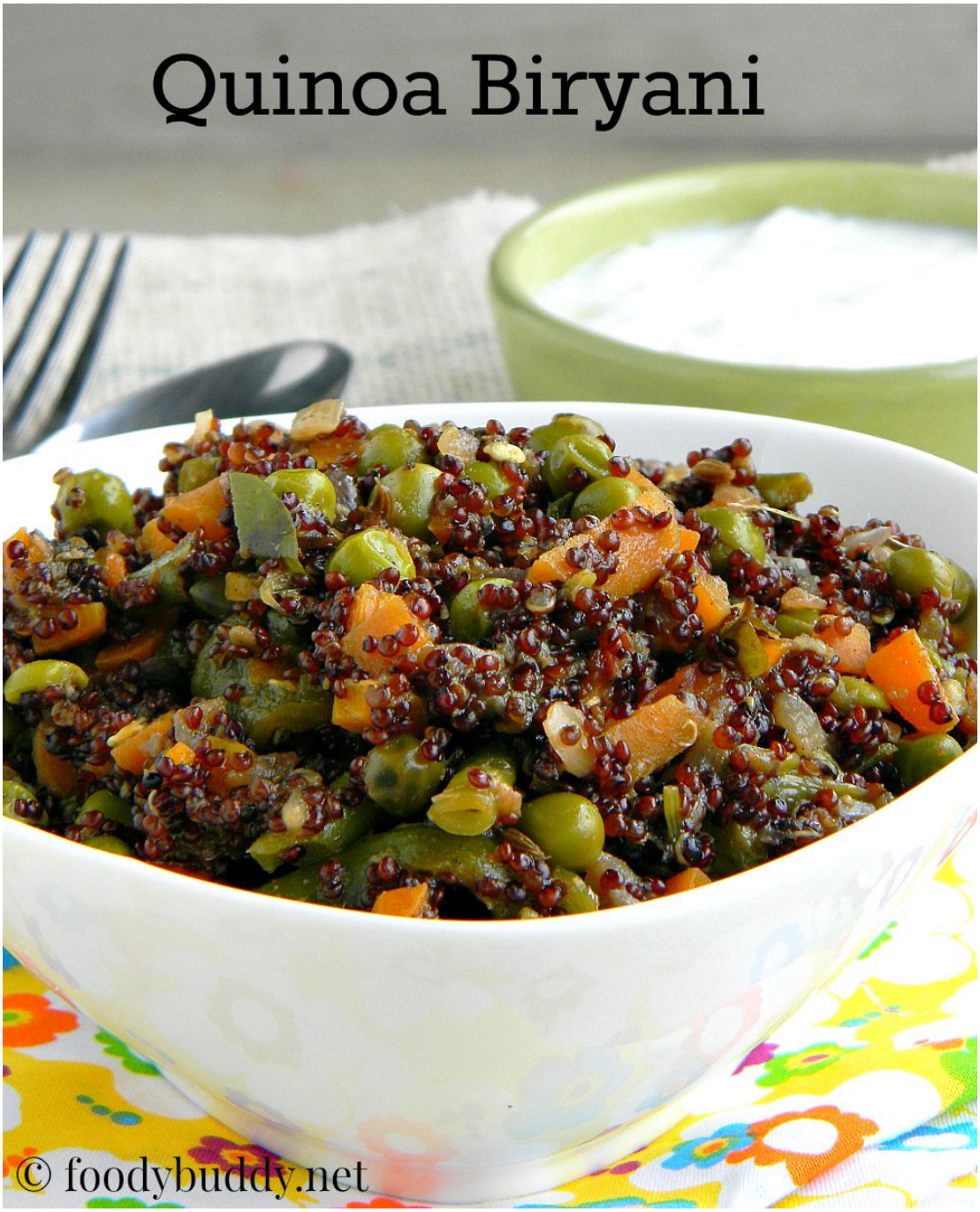
Fried onion is optional. Adding that gives you nice taste.

I didn’t soak my quinoa, if you want. You can soak it for 15 mins and then cook.

Please check your quinoa bag for the required amount of water. Usually it will be 2 cups of water for 1 cup of quinoa. Since I added veggies and yogurt, I used ¾ cup of water for ½ cup of quinoa.

Adjust the amount of spicy taste according to your taste buds.

You can reduce the amount of vegetables, I love vegetables so I added a lot.



Tags: quinoa biryani, quinoa vegetable biryani, quinoa vegetable biryani recipe, quinoa Indian recipes, quinoa recipes, quinoa rice, how to cook quinoa in Indian cooking, prepare indian style quinoa recipe, quinoa recipes, biryani recipes, weight losing recipes, diabetic recipes

Tags: Quinoa biryani, quinoa vegetable biryani, quinoa indian recipes, how to cook quinoa in Indian style, quinoa recipes indian

10 Mins Garlic Rice / Garlic Chickpeas Rice / Poondu Sadam



Do you believe you can make this garlic chickpeas rice in 10 mins ? Yes, you can do it with peeled garlic and canned chickpeas in hand. 10 mins Garlic rice recipe /Poondu Sadam is very close to my family and this is my mom’s own recipe. We travel a lot during school and college days so we reach home

very late at night. So my mom makes this quick garlic rice with ingredients available in pantry. This is yummy and simple to make rice dish with just 5 ingredients but it is of less protein so I added some canned chickpeas to make the rice more nutritious and healthy. Mormilagai (Buttermilk Soaked chilies) and cumin used in tempering adds a nice flavor to this garlic rice. Serve this hot garlic rice with lemon pickle and appalam, it tastes heavenly Even bachelor can make this so easily and a perfect rice to pack for lunch boxes. If you are a garlic lover, give it try, you will love this for sure.

How to make 10 mins Garlic Rice

Ingredients for 10 mins Garlic Rice

Preparation Time: 5 Mins Cooking Time:10 mins Serves:2

- 1 Cup of Rice (Raw or Parboiled Rice), I used Kerala Matta Rice
- 16 Big Garlic
- 5 Mormilagai (Buttermilk Soaked chilies)
- 2 Tsp of Cumin
- 1/2 Cup of Canned Chickpeas(optional)
- 1 Tsp of Oil
- 1 Tsp of Ghee or Butter
- Salt to taste
- Few Curry Leaves

Method

- Soak the rice for 15 mins, drain the water, wash it and keep it aside.
- Peel the garlic and keep it aside.

- Heat the cooker with oil and ghee, add mormilagai, cumin and curry leaves, after it pops up, add garlic, saute it for a min, add rice, chickpeas, salt and 2 cups of water, pressure cook it for 3 whistles and turn off the stove.
- Serve hot and delicious garlic chickpeas rice with appalam (Papad) and lemon pickle.

Tips

- If you dont have mormilagai (Buttermilk Soaked chilies), add red chilies.
- If you are conscious about weight, just add oil and avoid butter.



Tags: 10 mins garlic rice, garlic rice recipe, garlic chickpeas rice, poondu sadam, how to make garlic rice recipe, prepare garlic rice, lunch box rice recipe, bacheolar rice recipe, Indian style garlic rice