

Sprouts Veg Fried Rice Recipe

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Fried Rice

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



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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
- $\frac{1}{2}$ Red Onion, sliced

- 1 green chilly
- 2 Garlic Cloves, Chopped
- 10 Baby Carrots, Chopped
- $\frac{1}{2}$ Yellow Capsicum, Chopped
- $\frac{1}{2}$ Orange Capsicum, Chopped
- $\frac{1}{2}$ Green Capsicum, Chopped
- 2 Green Onions, Chopped
- 1 Cup of Sprouts
- 2.5 Tsp of Soy Sauce
- 1 Tsp of Vinegar
- $\frac{1}{2}$ 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 ajinomotto, just use a pinch of it.

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



Sprouts Fried Rice

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](#).

Turnip Greens Kootu Recipe Indian Style



Turnip Greens Kootu

Turnip Greens kootu recipe Indian style is a simple and traditional south Indian dal made from turnip greens and moong dal. Turnip greens are green leafy tops of turnip plant. They are highly nutritious and offers a variety of health benefits like it prevents cancer, diabetes, good for heart, bones and eyes. They are excellent source of antioxidants, vitamin A, K,

B6, C and folic acid, minerals like copper, calcium, iron.

On my regular visit to schnucks store in St.Louis, I picked this turnip greens, they were so fresh and vibrant. They are slightly bitter in taste, after cooking with dal, you cannot taste the bitterness. You can make lot of recipes with turnip greens, I usually make stir fry with potatoes or south Indian sambar or salad. I already posted [keerai kootu recipe](#). This kootu recipe suits any greens you have in hand, right from spinach – kale. Lets move on to the recipe.

Turnip Greens Kootu Recipe Indian Style

Turnip Greens Kootu Recipe – Indian Style



Turnip Greens Kootu

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Prep time

30 mins

Cook time

20 mins

Total time

50 mins

Turnip greens are just sauteed with onions, garlic and tempered with with mustard, red chilly and curry leaves. Goes well with hot steamed white rice.

Author: Gayathri Ramanan

Recipe type: kootu recipe – side dish

Cuisine: Indian

Serves: 2

Ingredients

- 1 Small Bunch of Turnip Greens (Fresh)
- $\frac{1}{2}$ Cup of Moong Dal
- 1 Onion, Chopped
- 2 Garlic Cloves, chopped
- 2 Tbsp of Grated Coconut (fresh)
- 1.5 Tsp of Cumin Powder (roasted)
- $\frac{1}{2}$ Tsp of Black Pepper Powder
- $\frac{1}{4}$ Tsp of Turmeric Powder
- Pinch of Asafoetida
- Salt to taste
- 1 Tsp of Ghee
- To Temper
- 2 Tsp of Coconut Oil
- 1 Tsp of Mustard Seeds
- $\frac{1}{2}$ Tsp of Urad Dal
- 2 Red Chillies
- Few Curry Leaves

Instructions

1. Soak the moong dal in water for 30 mins. Drain the water, wash the dal and keep it aside.
2. Wash and roughly chop the greens and dice the stalks.
3. Heat the cooker, add dal, water, turmeric powder and salt. Cook it for 3 whistles.
4. Heat a pan with oil, temper it with mustard seeds, urad dal, red chilly, curry leaves, asafoetida.
5. Add onion and garlic, fry until golden brown.
6. In a low flame, add coconut, fry it for a min.
7. Add cumin powder, pepper powder, fry for few secs.
8. Add greens, saute this till it reduces in size.
9. Add cooked dal, mix well, add water if needed, cook it for few mins and finally add ghee, mix it and remove it

from heat.

10. Serve with hot steamed rice.

Notes

You can try same kootu with any dals (toor dal / bengal gram) or any greens (spinach/radish/kale).

Adjust number of red chilies according to your taste.

You can also add 1 green chilly, if you like.

Use any oil for tempering. I love coconut oil for kootu so I used it.



Turnip Greens Kootu

tags: [turnip greens kootu recipe](#), [turnip keerai kootu](#), [kottu recipe south indian](#)

Chickpeas Kurma / Kondakadalai Kurma / Chana Korma



Chickpeas Kurma / Kondakadalai Kurma / Chana Korma is a healthy, yummy coconut based curry and a perfect side dish for [chapathi](#) or [dosa](#) or [puri](#) or [idiyappam](#) or [puttu](#) or [parotta](#). You can make this south Indian style kurma either with white or black chickpeas. They are very simple to make dish, they are

very fragrant because of freshly ground spices. If you love the aroma of spices, then you would definitely fall in love with this kurma. Try this finger licking sundal kurma for breakfast or dinner. Also check other kurma recipes like [potato kurma](#), [kala chana \(black chickpeas\) curry](#), [restaurant style kurma](#), [green peas kurma](#), [mushroom kurma](#), [chole masala](#), [vegetable kurma](#), [navratan korma](#)

How to make Chickpeas Kurma / Kondakadalai Kurma / Chana Korma

Chickpeas Kurma / Kondakadalai Kurma – Side dish for Chapathi



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Chickpeas Kurma / Kondakadalai Kurma is a perfect side dish for chapathi or dosa or idiyappam.

Author: Gayathri Ramanan

Recipe type: side dish

Cuisine: Indian

Ingredients

- 1 Cup of Cooked Chickpeas (White)
- 2 Red Onion, Chopped
- 2 Tomato, Chopped
- 3 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder
- ½ Tsp of Turmeric Powder
- 1 Tsp of Garam Masala

- Salt to taste
- Coriander Leaves to garnish
- To Grind
- 3 Tbsp of Coconut (grated)
- 3 Garlic Cloves
- $\frac{1}{2}$ Inch Ginger
- $\frac{1}{2}$ Tsp of Fennel Seeds (sombu)
- 1 Small Cinnamon Stick
- To Temper
- 2 Tsp of Oil
- 1 Tsp of Cumin
- 1 Tsp of MUstard Seeds
- Few Curry Leaves

Instructions

1. You can use canned chickpeas or if you are using dried one, soak it for overnight and pressure cook it next day with enough water.
2. In a mixie, grind all the ingredients listed under "To Grind".
3. Heat a pan with oil, add mustard seeds, cumin and curry leaves, after it pops up.
4. Add onion, fry this until golden brown.
5. Add tomatoes, fry till it turns soft.
6. Add turmeric powder, coriander powder, garam masala and red chilly powder, fry this well till oil seperates from it.
7. Add cooked chickpeas, saute this well with masala, add salt, ground masala paste and water
8. Cover and cook this for 10-15 mins in a low flame.
9. Finally add coriander leaves, mix well and turn it off.
10. Serve this kondakadalai kurma for chapathi or dosa

Notes

You can use either white or black chickpeas.

Add any vegetables of your choice like mushroom or potato.



Tags: [Chickpeas Kurma](#), [Kondakadalai Kurma](#), [Chana Korma](#), [kurma recipes for chapathi](#), [kurma recipe ideas](#), [kurma recipe with coconut](#), [how to make chickpeas kurma](#), [how to make kondakadalai kurma](#), [prepare chana kurma](#), [south indian style kurma](#), [restaurant style kurma recipe](#), [kurma seivadhu epadi](#).