

Oats Pongal Recipe For Breakfast



Oats pongal is a healthy Indian breakfast recipe. This oats pongal is very nutritious dish, as it has oats and moong dal and it tastes more like venpongol recipe. I made this pongal in pressure cooker, so it takes only less time to cook and to have breakfast.

To make **oats pongal recipe**, you need oats, moong dal and spices. I love dishes with moong dal, as they are light to digest and easy to cook. Tempering with spices like pepper, cumin, green chilly and ginger makes oats pongal more flavorful. I usually make oats idly, [oats dosa](#), [oats upma](#) and [oats paniyaram](#). My friend told this recipe so I followed, it came out so good. You can have oats pongal for breakfast or lunch or dinner.

If you are trying for healthy breakfast recipe, then try this **oats pongal recipe for breakfast**. It goes well with [coconut chutney](#) or [sambar](#)

[How to make](#) [oats pongal recipe](#)

Preparation Time : 30 mins Cooking Time :
15 mins Serves : 3

Ingredients for oats pongal recipe

- 1/2 Cup of Oats (I used quaker)
- 1/4 Cup of Yellow Moong Dal
- 5 Cashews, Broke into pieces
- Salt to taste
- Ghee to fry oats and cashews
- 3/4 – 1 cup of Water

To Temper

- 2 Tsp of Oil / Ghee
- 1 Tsp of Whole Cumin
- 1 Tsp of Whole Black Pepper
- 1 Green Chilly

- 1 Tsp of Ginger, Finely Chopped
- Pinch of Asafoetida
- Few Curry Leaves



Method to make oats pongal

- Soak the moong dal in water for 15 mins.
- Pressure cook the dal with 3/4 cup of water and cook for

- 4 whistles until it turns soft.
- Fry the cashews in ghee until golden brown colour.
 - Fry the oats in ghee for 2 mins until it changes colour and aroma comes.
 - Heat a pan with ghee, add all the ingredients listed under " To Temper". Fry it until it splutters.
 - Add water and salt, let it come to boil, now add oats, cook until it turns soft.
 - Add cooked moong dal, mix well and cook until it reaches semi-thick consistency. Turn off the flame. Finally add fried cashews and give a quick stir.
 - Serve hot with [coconut chutney](#) or [sambar](#).

Tips

- You can also cook both dal and oats together in cooker.
- Adjust the amount of water according to your wish.
- You can add grated vegetables like carrot or spinach leaves to this pongal.
- Use 3/4 cup of milk in place of water while cooking oats.

Health Benefits of Oats

- Oats are good source of dietary fiber.
- Oats contains one of the best source of Inositol, which is important maintaining for blood cholesterol level.
- It acts as an antidepressant.

Oats Pongal



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MATAR KACHORI / GREEN PEAS KACHORI

Matar Kachori / Green peas kachori is a fried poori with green peas stuffing. I love to munch hot matar kachori especially the store-bought kachori from Agarwal bhavan in parrys. I used to eat a lot in my college days as my father used to get me kachori every week from Agarwal bhavan.

To **make matar kachori recipe**, you have to make the outer cover with maida or wheat. For stuffing, you need green peas, spice mix and salt. You can make variety of kachori recipe just by replacing with other stuffings like moong dal (khasta kachori), pyaz kachori (onion kachori).

Kachori with green peas is also called as **khasta mattar kachori / mutter ke kachori**, a favourite street food in **northern India**. Enjoy this matar kachori as snack with coriander chutney or tamarind chutney or aloo subzi.



Preparation Time : 30 mins
Time : 30 mins Serves : 12

Cooking

Health Benefits of Peas

- They are low in fat.
- Prevents stomach cancer.
- Anti-aging, strong immune system and energy.

- Prevention of wrinkles.
- Regulates blood sugar levels.

Ingredients for matar kachori recipe

For Pastry

- 2 Cups of Maida (All Purpose Flour)
- 1.5 Tbsp of Oil
- Salt as required
- Water as needed

For Stuffing

- 1 Cup Green Peas (Matar / Pattani)
- 1 Tbsp of Oil
- 1/2 Tsp of Cumin (Jeera)
- Pinch of Asafoetida (Hing)
- 1/2 Tsp of Coriander Powder
- 1/4 Tsp of Red Chilly Powder
- 1/4 Tsp of Turmeric Powder
- 1/4 Tsp of Fennel Powder
- 1/4 Tsp of Chaat Masala
- 1/4 Tsp of Garam Masala
- 1/4 Tsp of Amchur Powder
- Pinch of kasoori methi
- 2 Green Chillies, Chopped
- 1 Inch of Ginger, Finely Chopped
- Coriander Leaves, Finely Chopped
- Salt to taste

Other Ingredients

- 2 Cups of Oil to deep fry

Method to make green peas kachori

Preparing the pastry

- In a mixing bowl, add maida, oil and salt. Add water little by little, knead well to form a tight dough. Cover the bowl and let it sit for 15 minutes.



Preparing the Stuffing

- Boil the peas in cooker or microwave. Mash them coarsely using masher.
- Heat the pan with oil, add cumin, after it sizzles, add asafoetida, ginger and green chilli, fry it for a min. Add all the dry spice powders and salt. Fry them for few mins. Now stuffing is ready.



Preparing the kachori

- Make equally sized balls out of the dough. Take one ball, roll them into small circle.
- Place a tbsp of stuffing in the centre. Gather the edges

and seal it properly. Flatten it and roll them gently into 4-5 inches in diameter.



- In the meantime, heat the oil in a pan, when it is hot, in a medium flame, fry the kachori till they become golden brown colour and crispy.
- Serve matar kachori hot with mint chutney or tamarind chutney. I had it with tomato ketchup.



Tips

- You can follow the same recipe to make variety of kachori just by replacing the stuffing.
- For puffiness, add a pinch of baking powder to the flour and knead it.
- Stuffing should be dry, otherwise it comes out when you roll.
- Oil temperature should be in medium flame.



Green Peas Kachori

Tags : [kachori recipe](#), [green peas kachori](#), [matar kachori](#), [mutter ke kachori](#), [matar kachori recipe](#), [how to make matar kachori recipe](#), [prepare green peas kachori](#), [khasta mattar kachori](#), [street food recipe](#), [chaat recipes](#), [homemade kachori recipe](#), [north indian snack](#)

CURRY LEAVES RICE /
KARUVEPPILAI SADAM

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Curry Leaves Rice

Curry leaves rice / karuveppilai sadham / Karivepaku Annam – a simple and flavorful rice dish. Nothing can beat the flavour of curry leaves when you add them in hot oil. This is my mom's recipe. My mom makes lots of variety rice dishes. During school and college days, everyday I take different rice dishes for lunch box. It was a big hit and favourite among friends.

Most of us don't know the medicinal value of curry leaves, they just throw the leaf from food. Try to include this herb in your regular diet especially it is very good for women's health, because it keeps your uterus healthy and taking curry leaf everyday will get rids of all women's problems like irregular periods and infertility problems.

Making curry leaves rice is very easy and even bachelors can make it. Also you can make this karuveppilai sadham to pack for lunch box for kids and adults. Kids will also love this rice because of its green colour.

Are you breaking your head daily and thinking what to pack for your husband and kid..Then try this easy curry leaves rice recipe.

Curry leaves rice goes well with any vegetable fry like [potato fry](#) or [yam fry](#).

Health benefits of Curry Leaves

- Helps to keep anaemia at bay.
- Fights diabetes.
- lowers cholesterol.
- Improves digestion.
- Prevents greying of hair.

Preparation Time : 10 mins Cooking Time : 20 mins Serves : 2

Ingredients For Curry Leaves Rice

- 2 Cups of Cooked Rice
- 1 Handful of Curry Leaves
- 1 Tsp of Ghee
- Salt as required

To Fry and Grind

- 2 Tsp of Oil
- 1 Clove (Small)
- 1 Cinnamon (Small)
- 2 Red Chillies
- 1/2 Tsp of Black Pepper
- 1/2 Tsp of Cumin

- 2 Tbsp of Coconut (Grated)
- 6 Cashews Nuts
- 2 Tbsp of Urad Dal

To Temper

- 2 Tsp of Gingelly Oil or any cooking oil
- 1 Tsp of Mustard
- Pinch of Asafoetida (Hing)

Method for karuveppilai sadam

- Heat a pan with oil, roast the curry leaves until all the moisture in the leaves goes off. Keep it aside.
- In the same pan, fry all the ingredients listed under "To fry and To grind". Once it done, cool down and then grind it along with curry leaves.
- Heat a pan with oil, add mustard seeds, after it crackles, add asafoetida, fry it for few secs and turn off the stove. Add ground curry leaves powder, cooked rice, a tsp of ghee and salt. Gently mix it.
- Flavourful curry leaves is ready to serve.

Tips

- You can also add few garlic while frying.
- Use freshly cooked rice or leftover rice.
- Adding ghee makes rice more flavourful.

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Karuveppilai Sadham

Tags : [curry leaves rice](#), [karuveppilai sadam](#), [curry leaf rice recipe](#), [how to make curry leaves rice](#), [prepare curry leaves rice](#), [no onion no garlic recipe](#), [easy lunch box recipe](#), [lunch box rice](#), [bacheoler variety rice recipe](#), [variety rice recipe](#), [curry leaves recipe](#)