

CHIWDA PULAO



INGREDIENTS:

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| • Chiwda (Rice flakes) - 200g | • Groundnut - 20g | • Sprouted Moong - 25g | • Onion - 20g |
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| • Green leafy vegetables (Spinach) - 50g | • Oil - 10ml | • Salt (if required) | • Turmeric Powder - 1 pinch |

Instructions

- Wash and soak some chiwda in a bowl.
- In a pan dry roast some groundnuts, remove the outer skin and grind to get a coarse powder.
- Thoroughly wash and finely chop some green leafy vegetables (spinach) and onion.
- Heat some oil in a pan and add the finely chopped onion, add a pinch of turmeric powder and green leafy vegetables (spinach).
- Add in the sprouted moong as well and cook for some time.
- Add the soaked chiwda and the groundnut powder.
- Cook for a few minutes.
- Allow the pulao to cool before serving.

WHY IS IT HEALTHY FOR YOUR CHILD?



Good source of protein, folate, iron and magnesium