

Mixed Sprouts Protein Sandwich

Recipe Makes: 2 servings

Nutritional Value (per serving)

Calories: 372 kcal **Protein:** 14 g **Carbohydrate:** 58.7 g **Fat:** 9.6 g

Ingredients

- 4 Whole Wheat Brown or White Bread, sides cut
- 1/4 cup Green Moong Sprouts
- 1/4 cup Masoor Dal (Whole), sprouted
- 1/4 cup Rajma (Red Kidney Beans), sprouted
- 1/4 cup Kala Chana, sprouted
- 1 Onion, finely chopped
- 1 Tomato, finely chopped
- 1 Onion, finely sliced
- 2 cloves Garlic, finely chopped
- 1/2 teaspoon Red Chilli powder
- 1/2 teaspoon Chaat Masala Powder
- 1/4 teaspoon Turmeric powder (Haldi)
- 1 tablespoon Coriander (Dhania) Leaves, chopped
- 2 tablespoon Oil
- Salt, to taste



Instructions

1. To begin making the sandwich, add the sprouts and 1 cup water to a pressure cooker and pressure cook for 1 whistle.
2. Switch off and let the pressure get released.
3. Heat a kadai and add oil. When oil gets heated, add onion and sauté.
4. When onion turns pinkish, add tomato and fry till tomato turns soft and mushy.
5. Add garlic and fry till the raw smell of garlic goes away. This will take 2 to 3 minutes.
6. Meanwhile, open the pressure cooker and add the boiled sprouts and mix. Add red chilli powder, chaat masala powder, turmeric powder, salt and give it a good mix. Let it simmer for 10 minutes.
7. Adjust salt and switch off the heat. Garnish with chopped coriander leaves.

8. Now the filling is ready. So, let's assemble the sandwich.
9. Take a slice of bread and spread 2 tablespoons of the sprout mixture.
10. Top this with one or two thin onion slices and close it with another slice of bread.
11. Either eat the sandwich as it is or grill it if you prefer.
12. Assemble the other sandwiches in the same way and serve the sandwich.