

Moong Sprout & Oats Cutlet - Diabetic Friendly

Recipe Makes: 4 servings

Nutritional Value (per serving)

Calories: 106 kcal **Protein:** 4.4 g **Carbohydrate:** 13.6 g **Fat:** 4 g

Ingredients

- 1 cup Green Moong Sprouts, parboiled
- 1/4 cup Spring Onion Greens, finely chopped
- 1/2 cup Instant Oats (Oatmeal)
- 1/2 inch Ginger, roughly chopped
- 1 Green Chilli, roughly chopped
- 1/4 teaspoon Coriander Powder (Dhania)
- 1/4 teaspoon Garam masala powder
- Oil, to shallow fry the tikkis
- Salt, to taste



Instructions

1. To begin making the recipe, cook the sprouted green moong dal in a pressure cooker using 1/4 cup of water and a pinch of salt. Cook for 2 whistles and turn off the heat. Allow the pressure to release naturally.
2. Save a hand full of the par boiled sprouted moong, and add the rest of the par boiled sprouts along with green chillies and ginger to a mixer and make a smooth mixture.
3. To this ground moong sprout mixture, add chopped spring onions, oats, coriander powder, garam masala, season with salt and mix well until all the ingredients come together.
4. Make small tikkis with the mixture and keep them ready to pan fry them.
5. Heat a cast iron tawa on medium flame, brush a little oil on its surface, once its hot add a batch of moong sprout tikkis and let it cook on its bottom for a few minutes.
6. Once the moong sprout tikkis are golden brown on the bottom, flip over and cook the other side as well. To cook one tikki, it will take up to 10 minutes for it to nicely brown on both sides.
7. Serve the Cutlets with choice of your chutney or sauce as a tea time snack.