



Sprouted Moong And Corn Sabji Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic
- gms Sprouts
- gms Corn Kernels
- Teaspoons Oil
- Teaspoon Mustard Seeds
- Curry Leaves
- Onion (Sliced)
- Teaspoon Ginger-Garlic Paste
- gms Green Chillies (Chopped)
- Tablespoon Lime Juice
- Pinch Salt (To Taste)
- gms Leaves Coriander

Instruction

1. Heat oil in a kadai, add the mustard seeds and when it splutters add the curry leaves, ginger-garlic paste and green chillies and sauté for 4-5 minutes. Add the onion and stir fry till soft and transparent.
2. Add the sprouted moong and corn and cook covered on a low flame for 8-10 minutes. Add the MAGGI Masala-ae-Magic and lime juice, mix well and adjust salt to taste.
3. Garnish with the coriander leaves and serve hot with rotis.

Nutrition

Carbohydrates	11.96 g
Energy	77.54 kcal
Fats	2.64 g
Protein	3.08 g

23 Minutes

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