



Cucumber Sprouts Oats Curd

👤 1

🕒 15 Min

Description

Cucumber Sprouts Oats Nestlé A+ Curd is a nutritious blend of oats, sprouts and veggies to meet your daily requirement of carbs, protein and vitamins in one bowl. A tasty way to have Nestlé A+ Curd-oats with veggies and tempering of spices.

Ingredients

- 1/2 Cup(121.0 gm) Nestlé A+ Curd
- 1.0 Tbsp(8.0 gm) Oats
- 3.0 Tsp(13.0 gm) Whole Moong
- 1/4 Tsp(1.0 gm) Green Chilli Paste
- 0.13 Tsp(0.47 gm) Urad Dal
- 0.13 Tsp(0.3 gm) Jeera
- 0.13 Tsp(0.56 gm) Salt
- 32.0 MI(32.0 ml) Water
- 2.0 Grated Tbsp(38.0 gm) Cucumber
- 1.0 Chopped Tbsp(2.0 gm) Pudina
- 1/4 Grated Tsp(0.47 gm) Ginger
- 4.0 Number(0.44 gm) Kadi Patta
- 0.13 Tsp(0.46 gm) Rai
- 0.13 Tsp(0.37 gm) Hing
- 1/2 Tsp(2.0 gm) Coconut Oil

Method of Preparation (Step by Step)

- In a bowl take 1/2 cup Nestlé A+ Curd, add 1 tbsp oats, 2 tbsp grated cucumber, 1/4 tsp green chilli paste, 1/4 tsp grated ginger, 1 tbsp chopped pudina and mix well
- Add 1/8 tsp salt and mix well.
- In a pan add 1/2 tsp coconut oil, 1/8 tsp rai, 1/8 tsp urad dal, 1/8 tsp jeera, 1/8 tsp hing, 4 kadi patta, blanched moong sprouts and saute well.
- Add the sprouts mixture to the Nestlé A+ Curd mixture and mix well.
- Chill and serve.

Nutrition Information

Per Serving: 1 Small Bowl - 92.4 gm

Energy	72.51 kcal
Carbohydrate	7.06 gm
Protein	2.15 gm
Total Fat	2.95 gm

Total Fiber

1.61 gm