



Lemon rice - Chitranna blended

This was my experiment with a high protein & fiber diet.

Ingredients

How many servings?

1/3 cup Brown rice (soaked overnight)

1 tbsp Chickpeas (soaked overnight)

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1 tbsp Green gram (soaked overnight)

1 tbsp Groundnuts

leaves Curry

1 Green chilly

1 tsp Mustard seeds

1 tsp Ghee

1 tsp oil

1 lemon

Salt

Steps

How long to cook?

- 1 Add rice, grams & salt to taste with water in pressure cooker & cook till 2 whistles.
- 2 In a small pan add 1 tsp oil, fry groundnuts & . . .
- 3 Now, in another pan add ghee. When ghee melts, add curry leaves, chilly, mustard seeds. Once seeds start to crackle, add cooked rice & saute well. Squeeze lemon juice & mix well.
- 4 Top it up with fried groundnuts & serve with yoghurt or coconut chutney... Enjoy!!