

# Ven Pongal

## Ingredients

- mL Water
- g Rice
- g moong dal
- tsp Salt
- mL MAGGI coconut milk powder
- cube Maggi vegetable seasoning cube
- tbsp Ghee oil
- g Cashew
- Leafs Curry Leaves
- Mediums Green chilis
- tsp Cumin Seed
- tsp Pepper
- g Ginger
- 1/4 1/4 tsp Turmeric powder
- g Raisins

## Instructions

1. Place a pan on a high heat stove and pour 750ml of water
2. Transfer 200g of kekulu rice and 100g of moong dal to this
3. Add 1tsp of salt, mix and close the lid while boiling
4. Pour in 200ml of coconut milk into the cooked rice and mix
5. Season with 1 vegetable seasoning cube, mix and close the lid
6. In a separate pan on heat; pour in 2 tbsp of ghee and cook 20g cashew till golden brown
7. After removing the cashew, add in 8-10nos curry leaves, 3 nos green chilli, 1 tsp cumin, 2tsp pepper corn, 15g of ginger, ¼ tsp turmeric and mix well
8. Mix in this mixture into the rice that was previously cooked and mix well
9. Top this up with 20g of cashew and 15g of raisins
10. Serve and Enjoy while warm!

## Nutrition

Carbohydrates	47.38 g
Energy	629.11 kcal
Fats	44.32 g
Fiber	5.78 g
Protein	12.19 g
Sodium	752.49 mg
Sugars	8.37 g

40 Minutes

4 Portions