

5 SPICE TOFU AND BEAN SPROUTS KODO MILLET

INGREDIENTS

2 tsp oil
1/2 cup sliced spring onions
1 1/2 tsp. Chinese 5 spice powder , recipe below
1/2 cup bean sprouts
1/2 cup tofu (bean curd/soya paneer) cubes
2 1/2 cups cooked kodo millet (varagu)
a pinch sugar
salt to taste

Chinese 5 Spice Powder
(makes 1/4 Cup)
4 tsp peppercorns
16 whole star anise
12 cloves
10 sticks cinnamon
2 tbsp fennel seeds

METHOD

1. Heat the oil in a non-stick kadhai, add the spring onions and sauté over a medium flame till they are tender.
2. Add the Chinese 5 spice powder and sauté over a medium flame for 1/2 a minute.
3. Add the bean sprouts and tofu and mix well.
4. Add the cooked kodri, sugar and salt, toss well and cook over a medium flame for another minute.
5. Serve hot.

For the Chinese 5 spice powder

In a non-stick pan, add the schewwan peppercorns and sauté over a slow flame till the aroma is released while stirring continuously. Keep aside.

1. In the same pan add the other ingredients and sauté over a slow flame till the aroma is released while stirring continuously. Keep aside.
2. When cool blend in a mixer to a fine powder and sieve.
3. A coarse powder of the spices will be left behind. Blend it again to make a fine powder and sieve again.
4. Store in an air-tight jar and use as required

NUTRITION FACTS

Kcals	696
Fat	16.1g
Protein	22.3g
Carbs	117g



RECIPE COURTESY:

GRT GRAND, CHENNAI