



#### BENEFITS OF EXERCISE

Exercising regularly will make your heart and lungs more efficient. It will also help lower cholesterol levels and maintain blood pressure at a healthy level, thus decreasing the risk of dementia.

#4 Food for thought: Eat Well Live Well Think Well

# Soft Idli

# Soft Idli

8 | Healthy  
Tasty  
Easy



*Chef Saikh Arsed Ali*

## Ingredients

Urad dal (raw, pre-soaked) .....	¼ cup
Idli rice (raw, pre-soaked) .....	1 cup
Fenugreek seeds (Vendhayam) ...	½ Tbsp
Salt .....	½ tsp

## Nutritional Information (150 g per serving)

Energy .....	340 kcal
Carbohydrate .....	63 g
Protein .....	16 g
Fat .....	1 g
Saturated Fat .....	0 g
Cholesterol .....	0 mg
Dietary Fibre .....	10 g
Sodium .....	590 mg

## Cooking Method

1. Grind soaked fenugreek seeds in water for 4-5 minutes until finely ground and have fluffed up.
2. Add Urad dal to wet grinder with the fenugreek with ½ cup water. Pour in water slowly. The dal should have increased about 8-10 times of its original volume. Grind for 10 minutes. Then transfer dal mixture into a bowl and set aside.
3. Grind rice separately for 10 minutes until smooth. Add ¼ cup water while grinding. Transfer to dal mixture and mix well.
4. Add salt to batter and set aside for 12 hours or overnight.
5. Put ¼ cup water in an idli vessel on medium heat. Oil idli plate and gently fill plate with batter.
6. Put inside idli vessel and let it steam for 8-10 minutes. Leave it undisturbed for 4-5 minutes after cooking and spoon it out. Serve hot.