



Ingredients

Rice	1 kg
Black gram	100 gr
Fenugreek	10 gr

IDLY

India | Easy | 15 minutes | 4 servings | *Main Dish*

Idly is commonly consumed for breakfast in South India. Because it is steam cooked without any added fat, Idly can be a good option for a healthy breakfast.

Tools and equipment

~ Idly cooker



Directions

- 1 Soak all ingredients in water for 4 hours.
- 2 Grind them into a fine batter.
- 3 Steam cook the batter in the Idly cooker

Notes: You can serve Idly with sambhar (a kind of vegetable stew) or some chutneys.