

**Ingredients**

	Quantity:	Measure:	Ingredients:	Descrip
	1	Salt-Spoon	Salt	
5		Teaspoon	Sugar, White	
2		Tablespoon	Cooking Oil	
4		Medium	Tomatoes	
1		Teaspoon	Ginger Garlic Paste	
2		Medium	Onions	
500		Grams	Mixed Vegetable Sprouts	

**Method**

In a sauce pan, put oil, and fry the chopped onions with ginger garlic paste add tomato puree chillie powder and haldi powder fry well Put the mixed sprouts and the and fry for some time. Add little water if the dish becomes dry. Cook until the vegetables are done. Add the sugar little by little and taste. Lastly put salt.