

Broken Wheat & Green Moong Khichdi

Recipe Makes: 2 Serving

Nutritional Value (per serving)

Calories: 257 kcal **Protein:** 9.5 g **Carbohydrate:** 41.3 g **Fat:** 7.4 g

Ingredients

1/2 cup Broken Wheat (Dalia), lightly roasted, washed and drained

1/4 cup Green Moong Dal (Whole), lightly roasted and soaked in water for 30 minutes

1 Onion, finely chopped

2 Garlic

1/8 cup Green Beans (French Beans), finely chopped

1/2 Carrot (Gajjar), finely chopped

1 tablespoon Ghee

1/4 teaspoon Mustard seeds (Rai)

1/4 teaspoon Cumin seeds (Jeera)

4-5 Curry leaves, torn with hands

1/2 inch Ginger, grated

1/4 teaspoon Turmeric powder (Haldi)

Asafoetida (hing), a pinch

3-4 Green Chillies

Mint Leaves (Pudina), a few sprigs chopped

1/2 teaspoon Lemon juice (optional)



Instructions

1. To begin making the khichdi, first crush together the garlic cloves, cumin seeds and green chillies in a small mortar and pestle. Keep it aside.
2. Heat oil or ghee in a pressure cooker and add mustards seeds. Once they crackle, add the crushed garlic-cumin-chillies paste and the curry leaves.
3. Fry for a few seconds and then add the onion. Sauté for a minute and then add turmeric powder, asafoetida and ginger. Mix it properly and add all the vegetables.
4. Sauté for another minute and then add the dalia and green moong.

5. Add enough water (depending on the consistency required) and mix well. About 1½ cup for a porridge like consistency.
6. Sprinkle some salt and cook it till the cooker releases 2 whistles or till well cooked.
7. Wait for the pressure to come down on its own. Garnish the khichdi with chopped mint and coriander, lime juice (if using) and serve immediately.