



## Broccoli and Bajra Snack ( ES )

Serving: 1

Veg

### *Ingredients*

- - $\frac{1}{4}$  cup chopped broccoli
- - $\frac{1}{4}$  cup whole bajra (black millet) , soaked for 8 hours and drained
- -salt to taste
- - $\frac{1}{2}$  tsp olive oil
- - $\frac{1}{4}$  tsp finely chopped garlic (lehsun)
- -1 tbsp finely chopped onions
- - $\frac{1}{2}$  tsp dry red chilli flakes (paprika)

### *Preparation Method*

1. Combine the bajra and salt with  $\frac{1}{2}$  cup of water in a pressure cooker, mix well and pressure cook for 5 whistles.
2. Allow the steam to escape before opening the lid. Drain the water and keep aside.
3. Heat the olive oil in a deep non-stick pan, add the garlic and sauté on a medium flame for 30 seconds.
4. Add the onions and sauté on a medium flame for 1 minute.
5. Add the broccoli, mix well and cook on a medium flame for 3 to 4 minutes, while stirring occasionally.
6. Add the bajra, salt and chilli flakes, mix well and cook on a medium flame for another 1 to 2 minutes, while stirring occasionally.
7. Serve hot.