



Daliya Risotto (OP I)

Serving: 1

Veg

Ingredients

- -2 tbsp broken wheat (dalia) , washed and drained
- -2 tbsp capsicum chopped (red and green)
- -4-5 sliced mushrooms (khumbh)
- -6-7 brinjal (baingan / eggplant) cubes
- -6-7 zucchini cubes (unpeeled)
- -1 tsp olive oil
- -2 tbsp finely chopped onions
- -1 tsp red chilli-garlic paste
- -salt to taste
- -20 ml low-fat milk ,
- -1 tsp dried mixed herbs

Preparation Method

- -Heat the olive oil in a broad non-stick pan, add the onions and sauté on a medium flame for 2 minutes.
- -Add the capsicum, mushroom, brinjal, zucchini, and chilli-garlic paste and sauté on a medium flame for 2 to 3 minutes.
- -Add the Daliya , salt and $\frac{1}{2}$ cups of water, mix well and cover with a lid and cook on a medium flame for 3 to 4 minutes, while stirring occasionally.
- -Add the milk and dried herbs, mix well and cook on a medium flame for 1 minute, while stirring occasionally.
- -Serve immediately.