



Couscous Khichdi (OP I)

Serving: 1

Veg

Ingredients

- Couscous- 1 tbsp
- Yellow Moong dal- 1 tbsp
- Chopped Onions- 1 tbsp
- Capsicum - 1 tbsp
- Tomato, chopped- 1tbsp
- Cauliflower florets- 1 tbsp
- Ginger- garlic paste- 1 tsp
- Turmeric powder- $\frac{1}{2}$ tsp
- Cumin seeds- $\frac{1}{2}$ tsp
- Ginger- green chili paste- 1 tsp
- Black pepper- $\frac{1}{2}$ tsp
- Red chilli powder- $\frac{1}{2}$ tsp
- Cloves powder - pinch
- Salt to taste
- Oil- $\frac{1}{2}$ tsp
- Coriander leaves, chopped 1 tsp

Preparation Method

- -Wash and soak the couscous and moong dal in enough water for at least 15 mins.
- -Drain and keep aside.
- -Heat the oil in a pressure cooker and add the cloves and cumin seeds.
- -When the seeds crackle, add all the remaining ingredients including the moong dal and couscous, vegetable saute on a medium flame for 4 to 5 mins.
- -Add 4 cups of water, mix well and pressure cook for 3 to 4 whistles. Allow the steam to escape before opening the lid.
- -Stir the khichdi vigorously using a spoon, adding a little hot water if requires, so that the dal and couscous are mixed well.
- -Garnish with coriander and serve hot with fresh curd