



## Dalia Khichdi ( OP I )

Serving: 1

Veg

### *Ingredients*

- -Finely chopped onion, tomato, carrot and french beans - 1 cup
- -Green peas - 10 gms
- -Chopped Green Chilli - 1 tsp
- -Ginger garlic paste -  $\frac{1}{2}$  tsp
- -Broken Wheat (Dalia) - 2 tbsp or 30 gms
- -Turmeric powder -  $\frac{1}{2}$  tsp
- -Coriander powder - 1 tsp
- -Cumin seeds -  $\frac{1}{2}$  tsp
- -Oil - 1 tsp
- -Salt - to taste
- -Chopped coriander - to garnish

### *Preparation Method*

- 1) Heat the oil in pressure cooker and add the cumin seeds
- 2) When the seeds crackle, add the onions, green chillies and ginger garlic paste, mix them well and saute till the onions turn translucent.
- 3) Add the chopped vegetables and saute for 3 minutes
- 4) Add the broken wheat, turmeric powder, coriander powder and salt along with 1 cup of water and mix well
- 5) Pressure cook for 1 or 2 whistles. Allow the steam to escape before opening the lid.
- 6) Serve Hot !!