



Kathiyawadi Khichdi (OP I)

Serving: 1

Veg

Ingredients

- -1/2 Cup Daliya (Broken Wheat)
- -1/4 Cup Mix Pulses (Yellow Moong Dal ,Chole,Brown channa) Soaked 2 hours.
- -2 tbsp Sweet Potato - Yam Mixture
- -2 tbsp chopped Carrot
- -3 tbsp grated Dudhi (Louki /Ghiya / Bottle Gourd)
- -2 tbsp Green Peas (Matar)
- -1 Green Chilli
- -1 tsp Rai (Black Mustard Seeds)
- -1 tsp Cumin Seeds (Jeera)
- -1 Cloves (Laung)
- -1/2 Teaspoon Turmeric Powder (Haldi)
- -1/4 Teaspoon Black Pepper Powder
- -2 tsp Ginger
- - Salt to taste
- -5 Cups Water
- -1 tsp Ghee

Preparation Method

- -Heat half tsp Ghee in a pan and roast half cup of Dalia till it turns aromatic and light brown in color.
- -Heat 1 tsp Ghee in a pressure cooker, and add Rai (Black Mustard Seeds).
- -When the Rai starts to splutter add Cumin Seeds and let them crackle for a few seconds. Also add Cloves.
- -Add finely chopped Green Chillies and fry them. You can also add some finely chopped Ginger at this stage, Ginger
- -Add peas ,sweet potato - yam mixture ,carrots and lauki. then add the roasted daliya and Mix pulses .
- -Add 5 cups of water along with Turmeric Powder, Salt, Pepper.
- -Cook the mixture in the pressure cooker till you get 3 whistle, then turn the flame to minimum. Dalia Khichdi is ready.