



Palak Khichdi (OP I)

Serving: 1

Veg

Ingredients

- **For pressure cooking:**
- 2 tbsp rice washed
- 2 tbsp moong dal washed
- - $\frac{1}{4}$ tsp turmeric / haldi
- -2 cup water
- **For khichdi:**
- -1 tsp ghee / clarified butter
- -1 tsp cumin / jeera
- -1 inch cinnamon
- -1 bay leaf / tej patta
- - $\frac{1}{2}$ tsp ginger garlic paste
- -1 tomato finely chopped
- -1 cup palak / spinach leaves chopped
- -1 cup water
- -1 tsp salt

Preparation Method

- -firstly in a kadai heat 1 tbp ghee and saute 1 tsp cumin, 1 inch cinnamon, 1 bay leaf and 1 dried red chilli. also saute $\frac{1}{2}$ onion, till they turn slightly golden.
- -additionally, saute $\frac{1}{2}$ tsp ginger garlic paste and 1 green chilli. furthermore, add 1 tomato and saute till the tomatoes turn soft and mushy.
- -add palak puree and cook for 5 minutes or till palak changes colour.
- -further, add pressure cooked rice and moong dal. also, add 1 cup water and 1 tsp salt.
- -simmer and boil for 5 minutes or till khichdi absorbs palak flavour.
- -finally, serve palak khichdi hot topped with more ghee if required.