



Sprouts daliya Khichdi (OP I)

Serving: 1

Veg

Ingredients

- - Ghee - 2 tsp
- -Sprout red channa - 30 gm
- -Sprout moong - 30 gm
- -Sprout matki - 30 gm
- -Fada - $\frac{1}{4}$ cup soak for 4 hrs
- -Coconut milk powder –1 tbsp (mixed in $\frac{1}{4}$ of water)
- -Kitchen king masala - 1 tsp
- -Garam masala – 1 tsp
- -Salt to taste
- **For Green Chutney:**
- -Coriander handful
- -Few drops of lime
- -Green chilly
- -Salt
- **For Red Chutney:**
- -Garlic- 3 to 4 cloves
- -Kashmiri red chilli (Soak it for 15 to 20 min.)– 3 to 4

Preparation Method

1. Boil all sprouts together and keep aside.
2. Make red chutney from garlic, red chilli, salt
3. Make normal green chutney.
4. Once everything is ready, take a pan add daliya on one side and boiled sprouts.
5. Then in the centre heat ghee add both the chutneys, kitchen king masala and garam masala mix everything together.
6. Add coconut milk slurry slowly add daliya and sprout and cook it for 4-5 minutes.
7. Serve hot.