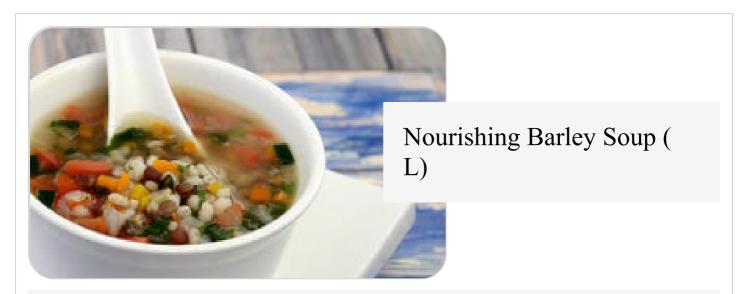


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

## Ingredients

## • Ingredients:

- -1 tbsp barley (jau), soaked for 2 hours and drained
- $-\frac{1}{2}$  tsp oil
- -1/2 tsp finely chopped garlic (lehsun)
- -1 tbsp finely chopped spring onions whites
- -1 tbsp finely chopped carrots
- -1 tbsp whole masoor (whole red lentil), washed and drained
- - salt to taste
- -1 tbsp finely chopped tomatoes
- -1 tbsp finely chopped spring onion greens
- -1 tbsp finely chopped coriander (dhania)
- -freshly ground black pepper (kalimirch) to taste

## Preparation Method

- 1. Heat the oil in a pressure cooker, add the garlic and spring onion whites and sauté on a medium flame for a few seconds.
- 2. Add the carrots, masoor, barley, salt and  $4^{1}/_{2}$  cups of water, mix well and pressure cook for 3 to 4 whistles.
- 3. Allow the steam to escape before opening the lid.
- 4. Transfer the barley-masoor mixture in a deep non-stick pan, add the tomatoes, spring onion greens, coriander, a little salt and pepper and mix well.
- 5. Bring to a boil and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
- 6. Serve hot.