



Barley Moongdal Khichdi (OP I)

Serving: 1

Veg

Ingredients

- -2 tbsp barley (jau) , washed and drained
- -2 tbsp Moong dal
- - $\frac{1}{2}$ tsp olive oil
- - $\frac{1}{4}$ tsp cumin seeds (jeera)
- -2 tbsp chopped onions
- -2 tbsp chopped tomatoes
- -2 tbsp chopped green capsicum
- -2 tbsp chopped red capsicum
- -2 tbsp chopped yellow capsicum
- -2 tbsp chopped zucchini (unpeeled)
- -2 tbsp small broccoli florets
- -salt to taste
- - $\frac{1}{2}$ tsp finely chopped green chillies
- -1 tbsp chopped coriander (dhania)

Preparation Method

1. Combine the barley and Moong dal 1 cups water in a pressure cooker and pressure cook for 2 whistles.
2. Allow the steam to escape before opening the lid. Keep aside.
3. Heat the olive oil in broad non-stick pan and add the cumin seeds.
4. When the seeds crackle, add the onions and sauté on a medium flame for 1 to 2 minutes.
5. Add the tomatoes, mix well and cook on a medium flame for 1 minute, while stirring occasionally.
6. Add the all remaining vegetables and salt, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
7. Add the cooked barley, green chillies, little salt and coriander, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
8. Serve hot.