



Barley Khichdi (OP I)

Serving: 1

Veg

Ingredients

- **Ingredients:**
- -3 tbsp barley (jau) , washed and drained
- -1tsp olive oil
- -1 tsp cumin seeds (jeera)
- -2 tbsp chopped onions
- - $\frac{1}{4}$ cup chopped tomatoes
- -3 tbsp chopped green capsicum
- -3 tbsp chopped yellow capsicum
- -3 tbsp chopped zucchini (unpeeled)
- -4-5 small broccoli florets
- -salt to taste
- -1 tsp finely chopped green chillies
- -3 tbsp chopped coriander (dhania)

Preparation Method

- -Combine the barley and 1 cup water in a pressure cooker and pressure cook for 2 whistles.
- -Allow the steam to escape before opening the lid. Keep aside.
- -Heat the olive oil in broad non-stick pan and add the cumin seeds.
- -When the seeds crackle, add the onions and sauté on a medium flame for 1 to 2 minutes.
- -Add the tomatoes, mix well and cook on a medium flame for 1 minute, while stirring occasionally.
- -Add the all remaining vegetables and salt, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
- -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