



Exotic bajra khichdi (OP I)

Serving: 1

Veg

Ingredients

- -3 tbsp finely chopped zucchini
- -2 tbsp whole bajra (black millet)
- -1 tsp oil
- -1 tsp cumin seeds (jeera)
- -a pinch of asafoetida (hing)
- -3 tbsp finely chopped red capsicum
- -3 tbsp finely chopped yellow capsicum
- -3 tbsp chopped broccoli
- -3-4 mushroom chopped
- -salt to taste
- - $\frac{1}{4}$ cup milk
- $\frac{1}{2}$ tsp green chilli paste
- $\frac{1}{4}$ cup finely chopped coriander (dhania)

Preparation Method

- Soak the whole bajra in enough water in a deep bowl overnight. Drain well.
- Combine the soaked and drained bajra and $\frac{1}{2}$ cup of water in a pressure cooker, mix well and pressure cook for 2 whistles.
- Allow the steam to escape before opening the lid. Keep aside and do not drain the water.
- Heat the oil in a broad non-stick pan and add the cumin seeds.
- When the seeds crackle, add the asafoetida and sauté on a medium flame for 30 seconds.
- Add the red, yellow capsicum and zucchini, mix well and sauté on a medium flame for another 2 minutes. Now add broccoli and mushrooms
- Add the salt and cooked bajra (along with little water), mix well and cook on a medium flame for 3 to 4 minute or till the water dries up, while stirring occasionally.
- Add the milk, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
- Add the green chilli paste and coriander, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
- Serve hot.