



Green daliya (OP I)

Serving: 1

Veg

Ingredients

- -2 tbsp broken wheat (dalia) , washed and drained
- -2 tbsp finely chopped mint leaves (phudina)
- -4 tbsp chopped coriander (dhania)
- -1/4 cup finely chopped palak / suva bhaji
- -1 tsp oil
- -1 tsp mustard seeds (rai / sarson)
- -1 tbsp finely chopped green chillies
- -salt to taste

Preparation Method

- -Heat the oil in a pressure cooker and add the mustard seeds.
- -When the seeds crackle, add green chillies and sauté on a medium flame for a few seconds.
- -Add the broken wheat and sauté on a medium flame for 2 to 3 minutes, while stirring continuously.
- -Add 1 cup of hot water, mint leaves, coriander, dill leaves and salt, mix well and pressure cook for 2 whistles.
- -Allow the steam to escape before opening the lid.
- -Serve immediately.