



## Quinoa Khichdi ( OP I )

Serving: 1

Veg

### *Ingredients*

- -Quinoa 30 gms
- -Yellow daal, uncooked 1 tsp
- -Green split moong dhal, uncooked 1 tsp
- -Ginger, minced  $\frac{1}{2}$  tsp
- -Garlic, minced  $\frac{1}{2}$  tsp
- -Turmeric a pinch
- -Chopped vegetables ( tomatoes, onions, spinach, bell peppers, carrots) 1 cup
- -Water 1 cup, add as per consistency
- -Oil  $\frac{1}{2}$  tsp
- -Salt use minimum, to taste

### *Preparation Method*

- -Rinse quinoa, and both daal's in a bowl till the water is not so white and foggy.
- -Drain all the water out.
- -Pour into the pressure cooker and add all vegetables, ginger, garlic, and turmeric (optional). Add water into the cooker till all vegetables are dunked about  $\frac{1}{2}$  cup.
- -Let the pressure cooker build pressure up to 3-4 whistles, release air/steam from the cooker and open slowly to see if quinoa and veggies are cooked.
- -Serve with curds / plain yogurt and enjoy this delicious meal.