



Palak Hare Moong Ki Khichadi (OP I)

Serving: 1

Veg

Ingredients

- -Whole green gram ,soaked for 1 hour - 2 tbsp
- -Brown Rice, soaked - 2 tbsp
- -Spinach, shredded - 1 cup
- -Oil - $\frac{1}{2}$ tsp
- -Cloves - 1
- -Cumin seeds - $\frac{1}{2}$ tsp
- -Turmeric powder a pinch
- -Salt as per taste
- -Moong sprouts - 1tsp
- -Green chillies - 2
- -Buttermilk - $\frac{1}{2}$ cup
- -Garlic,finely chopped -1 clove
- -Ginger,finely chopped - $\frac{1}{2}$ tsp

Preparation Method

- -In a pressure cooker, add oil heat it cloves and cumin seeds and let seeds crackle.
- -Add whole gram, Sprouted mung , brown rice, turmeric powder, salt and spinach and add 1 cup of water
- -Mix well and cook for 3-4 minutes .
- -Slit green chillies and add, mix well.
- -Add $\frac{1}{2}$ cup buttermilk, stir to mix, cover and pressure cook on high heat for 2 whistles. Lower heat and cook further for 2 whistles. Switch off heat, remove lid and mix well.
- -In another, add garlic and ginger and saute till garlic is well browned. Add this to cooked khichdi and mix well. Serve hot.