



Oats Khichdi (OP I)

Serving: 1

Veg

Ingredients

- -3 tbsp quick cooking rolled oats
- -1 tbsp yellow moong dal (split yellow gram) , washed and drained
- - add vegetable like dudhi, carrot , onion , french beans etc.
- - $\frac{1}{2}$ tsp oil
- - $\frac{1}{2}$ tsp green chilli paste
- - $\frac{1}{2}$ tsp garlic (lehsun) paste
- -a pinch of turmeric powder (haldi)
- -salt to taste

Preparation Method

- 1. Heat the oil in a pressure cooker, add the green chilli paste, garlic paste and turmeric powder and sauté on a medium flame for a few seconds.
- 2. Add the oats and yellow moong dal and sauté on a medium flame for 2 to 3 minutes.
- 3. Add vegetable
- 4. Add 1 cups of hot water and salt, mix well and pressure cook for 2 whistles.
- 5. Allow the steam to escape before opening the lid.
- 6. Serve immediately with low-fat curds.