



Kuttu Khichdi (OP I)

Serving: 1

Veg

Ingredients

- Buckwheat (kuttu) $\frac{1}{2}$ cup
- Ghee 1 tsp
- Cumin seeds $\frac{1}{2}$ teaspoon
- Green chilli finely chopped 1
- Ginger finely chopped $\frac{1}{2}$ inch
- $\frac{1}{4}$ Dudhi peeled and cut into small cubes
- Peanuts roasted and crushed 2 teaspoon
- Salt to taste
- Fresh coriander leaves chopped 1 tablespoon
- Lemon juice 1 teaspoon

Preparation Method

- -Heat ghee in a non-stick pan, add cumin seeds and sauté till they change colour
- -Add green chilli and ginger, mix and sauté for a few seconds. Add dudhi and sauté for 4 to 5 minutes or till the dudhi become crisp from the edges.
- -Add peanuts and sauté for half a minute. Add buckwheat, mix well and sauté for one to two minutes.
- -Add two cups water, sugar and salt. Mix well, cover and cook on low heat till fully done.
- -Add coriander leaves and mix well. Add lemon juice and mix well.