**Vegetable Dalia**

Prep time: 10 min Cook time: 20 min

**Ingredients:**

* ½ cup dalia (broken wheat)
* ¼ cup moong dal (yellow lentils) (soaked for 20 min)
* 1 tomato (finely chopped)
* ½ carrot (chopped)
* 2 tbsp green peas (matar)
* 2 tsp oil (Sunflower or Rice bran)
* 1 tsp jeera (cumin seeds)
* ½ tsp ginger paste
* 1 green chilli (slit)
* ½ tsp haldi (turmeric powder)
* Low sodium salt (to taste)
* A pinch of hing (asafoetida)
* 4 cups water

**Instructions:**

**Roast the Dalia**

1. Heat 1 tsp oil in a pan.
2. Add ½ cup dalia and roast on low flame for 2-3 minutes until aromatic.
3. Remove from heat and keep aside.

**Prepare the Base**

1. In a pressure cooker, heat 1 tsp oil.
2. Add 1 tsp jeera and a pinch of hing, sauté until jeera splutters.
3. Add ½ tsp ginger paste and green chilli, sauté for a minute.
4. Add chopped tomato, cook until it turns soft and mushy.
5. Add 2 tbsp peas, ½ carrot, ½ tsp haldi, and salt to taste. Sauté for a minute.

**Cook & Serve**

1. Add ¼ cup soaked moong dal, stir and sauté for 1-2 minutes.
2. Add roasted dalia and mix well.
3. Pour 4 cups water and stir everything together.
4. Cover and pressure cook for 3-4 whistles or until dalia and dal are completely cooked.
5. Open the cooker, mix well, and serve hot with curd.