**Palak Dal Khichdi**

Prep time: 10 min Cook time: 60 min

**Ingredients:**

* 1 cup mung dal, rinsed and soaked for 20 minutes
* 1½ cups hand pounded rice, rinsed and soaked for 20 minutes
* 1 bunch palak (spinach), blanched and pureed
* 1 cup tomatoes, chopped
* ½ cup onions, chopped
* 1 tsp garlic, chopped
* 1 tsp ginger, chopped
* 1 green chili, chopped
* 1 tsp ghee
* 1 tbsp oil
* 1 tsp jeera (cumin seeds)
* 1 tsp haldi (turmeric powder)
* 2 dry red chilies
* 1 tsp red chili powder
* ½ tsp hing (asafoetida)
* 1 tsp coriander powder
* A pinch of garam masala
* 1 tsp jeera powder
* Low sodium salt, to taste

**Instructions:**

**Cook the Dal & Rice:**

1. In a pressure cooker, add mung dal, basmati rice, turmeric powder, salt, and water.
2. Cook for 2-3 whistles on medium-low flame. Set aside.

**Prepare the Masala Base:**

1. Heat oil in a pan and add jeera, dry red chilies, and hing. Let them sizzle.
2. Add chopped onions and sauté until golden brown.
3. Stir in chopped garlic, ginger, and green chili. Sauté for a minute.

**Add Spinach & Spices:**

1. Pour in the blanched spinach puree and cook for 2-3 minutes.
2. Add jeera powder, turmeric powder, red chili powder, coriander powder, garam masala, and salt. Mix well.
3. Add chopped tomatoes and cook for another 3-4 minutes until soft.

**Combine Everything:**

1. Mix the cooked dal-rice mixture into the spinach masala. Stir well and let it cook for a minute.
2. Drizzle with ghee and serve hot with curd or a side of pickle.