



## NUTRITIOUS KHICHDI



- 1 cup rice (chawal), washed and drained
- 2/3 cup moong dal (split green gram)
- 1 cup grated bottle gourd (doodhi /lauki)
- 1 cup grated carrot
- ½ teaspoon turmeric powder (haldi)
- 1 teaspoon cumin seeds (jeera)
- ½ teaspoon asafoetida (hing)
- 6 black peppercorns (kalimirch)
- ½ cup chopped onions
- 3 chopped green chillies
- 4 cloves of garlic (lehsun), crushed
- 25 mm. (1") piece ginger, grated
- 1 tablespoon ghee or oil salt to taste

### Method

- Wash the rice and moong dal together and keep aside
- Heat the ghee in a vessel and fry the chopped onions for a few minutes. Add the garlic, chillies, ginger, crushed spices and bay leaves and fry for a few seconds
- Add the bottle gourd and carrot and saute for a few seconds
- Add the dal, rice, turmeric powder, salt along 3 cups of water and pressure cook for 3 whistles
- Serve hot with fresh curd

**Serves:** 4-5 people

**Quick tips:** Our traditional khichdi can be made into a whole meal by adding vegetables and pulses with skin. This one pot recipe is also super easy to make when you are tired.