

## KHANDESHI MASALA KHICHI

A Maharashtrian special, Khandeshi Khichdi gets its name for "khanda" meaning onion and "khichdi" means mixture. In this recipe rice is cooked in the mixture of lentils, onion, tomato and spices.

### Ingredients: (For chutney)

- 1 cup rice (parboiled, soaked for 8 hours)
- ½ cup moong dal/green gram split (soaked for 8 -10 hours)
- 2.5 cups water (approx. 1x the quantity of rice and 2x the quantity of dal)
- 1 onion - finely chopped
- 1 tomato - finely chopped
- 4-5 garlic (chopped)
- 1 tsp jeera/cumin seeds
- 1 tsp haldi /turmeric powder
- 2 tsp garam masala powder (mixture of ground cinnamon, cloves, nutmeg, coriander seeds, peppercorns)
- ½ tsp red chili powder
- 1 tbsp cold pressed coconut oil
- Pink salt to taste

Time required: 30 mins

### Method:

- 1) Wash rice and moong dal, drain and keep aside.
- 2) Heat coconut oil in pressure cooker pan, add seeds and allow them to splutter, then add garlic and onion. Sauté till onion turns pink.
- 3) Add tomato, once tomato starts leaving oil add turmeric, garam masala and red chili powder.
- 4) Now add water (approx. 1x the quantity of rice and 2x the quantity of dal/lentil) and then add salt.
- 5) Once the water starts boiling add rice and dal.
- 6) Cover and pressure cook (3-4 whistles) the khichadi. Smear some A2 ghee and serve hot.

### Notes :

- Simple, wholesome and nutritious meal which is complete in terms of amino acid profile.
- Contains essential vitamins and minerals such as vitamin C, vitamin B complex, magnesium, potassium, calcium and phosphorus.
- Rich in spices that not only adds anti-inflammatory benefit but also aids digestion.
- Easy one pot meal that can even be prepared during working days.