

Recipe Name: BROWN WHEAT SPROUTS KICHIDI
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients

½ cup Sprouted Whole Wheat/Broken Wheat (Daliya) ¼ cup Yellow Moong Dal (split yellow gram) ½ cup Mixed Vegetables (e.g., peas, carrots, beans, spinach) 2 tbsp Ghee (or oil for a vegan option) ½ tsp Cumin Seeds 1-2 Green Chilies (slit or chopped) ¼ tsp Turmeric Powder Salt to taste 2-3 cups Water (adjust for desired consistency) Fresh Coriander for garnish

Instructions

Prep the Wheat and Dal: If using whole wheat, soak it overnight (8-10 hours) and then lightly grind it in a mixer to a coarse texture. Wash and soak the yellow moong dal for at least one hour.
Sauté Aromatics: In a pressure cooker, heat the ghee. Add the cumin seeds and green chilies, and let them splutter.
Cook Ingredients: Add the ground whole wheat, soaked moong dal, and optional mixed vegetables. Sauté for a minute or two, stirring well.
Add Spices and Water: Add the turmeric powder and salt, mixing everything together. Pour in the water, mix well, and close the pressure cooker lid.
Pressure Cook: Cook on medium heat for 2-3 whistles, then lower the flame and simmer for 8-10 minutes (cooking time can vary, so ensure grains are tender).

Ingredients

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Quantity

• Need to Fill

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	16	8	4