

Recipe Name: Aloo Matar Masala Khichdi Recipe
Diet Type:
Course: Main Course
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Rice • 1/2 cup Green peas (Matar) • 3 Potatoes (Aloo) - cut into big cubes • 1 Onion - thinly sliced • 1 tablespoon Ginger Garlic Paste • 2 Green Chillies - finely chopped • 1 Black cardamom (Badi Elaichi) • 1 Bay leaf (tej patta) • 2 Cardamom (Elaichi) Pods/Seeds • 1 inch Cinnamon Stick (Dalchini) • 2 Cloves (Laung) • 1 teaspoon Cumin seeds (Jeera) • 1 teaspoon Coriander Powder (Dhania) • 1 teaspoon Cumin powder (Jeera) • 1/2 teaspoon Black pepper powder • 1/2 teaspoon Red Chilli powder • 1 tablespoon Ghee • 1 tablespoon Coriander (Dhania) Leaves - finely chopped for garnish • Salt - to taste	4

Preparation

- Wash, de-skin, cut the potatoes into big cubes and keep it immersed in a bowl of water until further cooking.
- Heat ghee in a pressur.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	15	8	5

