

Recipe Name: BUCKWHEAT SPROUT KICHIDI
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Buckwheat sprout kichidi is a wholesome, gluten-free dish made with sprouted buckwheat, veggies, and mild spices for a light, nutritious meal.

Ingredients:

1 cup buckwheat groats, washed and drained ½ cup yellow moong dal, washed and drained 1 cup mixed sprouts (e.g., moong sprouts) 1 tbsp ghee or oil 1 tsp cumin seeds (jeera) 2 cloves and 4 black peppercorns (optional, for aroma) Pinch of asafoetida (hing) ¼ tsp turmeric powder 1-2 green chilies, slit or chopped (to taste) Salt (rock salt if for fasting, regular otherwise) to taste 4 cups water (adjust as needed for consistency) Fresh coriander leaves for garnish (optional) Lemon juice (optional, for serving)

Instructions:
Soak: Wash and soak the buckwheat and moong dal for about 30 minutes. Drain the water thoroughly before cooking.
Sauté Spices: Heat the ghee or oil in a pressure cooker. Add the cumin seeds, cloves, and peppercorns. When the cumin seeds crackle, add the asafoetida and sauté for a few seconds on medium flame.
Add Ingredients: Add the drained buckwheat, moong dal, and mixed sprouts. Sauté for a minute.
Add Seasoning and Water: Add the turmeric powder, green chilies, and salt. Mix well. Pour in the water and give it a final stir.
Pressure Cook: Secure the lid and pressure cook for 3-4 whistles. Allow the steam to escape naturally before opening the lid.
Serve: Fluff the khichdi with a fork and garnish with fresh coriander leaves.

Ingredients

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Quantity

• Need to Fill

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	22	70	14	10	4