DietCloud – Recipe

Recipe Name: BUCKWHEAT SPROUT KICHIDI

Diet Type: Vegetarian

Course: General 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 drained½ cup yellow moong dal, washed and drained1 cup mixed sprouts (e.g., moong sprouts)1 tbsp ghee or oil1 tsp cumin seeds (jeera)2 cloves and 4 black peppercorns (optional, for aroma)Pinch of asafoetida (hing)¼ tsp turmeric powder1-2 green chilies, slit or chopped (to taste)Salt (rock salt if for fasting, regular otherwise) to taste4 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

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

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