

Recipe Name: Lentils and Mixed Grains Khichda Recipe
Diet Type:
Course: Dinner
Cuisine: Rajasthani
Quantity:



Ingredients

Ingredient	Quantity
• 1/4 cups Broken Wheat (Dalia/ Godumai Rava) - soaked for 3 hours	4
• 1/4 cup Bajra (seeds) - soaked for 3 hours	
• 1/4 cup Jowar Seeds - soaked for 3 hours	
• 1/4 cup Chana dal (Bengal Gram Dal)	
• 1/4 cup Masoor Dal (Whole)	
• 1/2 cup Rice	
• 4 cloves Garlic - crushed	
• 2 inch Ginger - crushed	
• 2-3 Green Chilli	
• 2 sprigs Curry leaves	
• 1/4 cup Coriander (Dhania) Leaves	
• 1 teaspoon Cumin powder (Jeera)	
• 2 teaspoons Red Chilli powder	
• 1 teaspoon Turmeric powder (Haldi)	
• 3 teaspoons Garam masala powder	
• 1/2 teaspoon Asafoetida (hing)	
• Sunflower Oil - for cooking	
• 3 Onions - finely chopped	
• 1 tablespoon Lemon juice	
• Salt - to taste	

Preparation

- To prepare the Lentils and Mixed Grains Kichada Recipe, first get all the ingredients handy.
- Drain water from the soaked wheat and bajra and grind them in a mixer grinder to make a coarse paste.
- Pour water (5 cups) in a deep kadai just enough to cook the co.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	18	60	9	10	2

