

Recipe Name: Amaranth Leaves Khichdi Recipe
Diet Type:
Course: Lunch
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Yellow Moong Dal (Split)	3
• 3/4 cup Rice	
• 100 grams Green Amaranth Leaves - finely chopped	
• 1 teaspoon Turmeric powder (Haldi)	
• 2 Green Chillies - slit	
• Salt - to taste	
• 1 tablespoon Ghee	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 teaspoon Cumin seeds (Jeera)	

Preparation

- Wash the rice and dal and keep aside.
- Into a Pressure Cooker, add the rice, dal, amaranth leaves, turmeric powder, salt and green chillies.
- Add 5 cups of water to get a good mish mash khichdi.
- After two whistles turn the heat low, and simmer for 3 to 4 minutes and turn off the heat.
- Once the pressure is released, open the cooker and give the Khichdi a stir.
- Check the salt and adjust accordingly.
- Transfer the amaranth khichdi to the serving bowl.
- For the tadka, in a tadka pan heat a tablespoon of ghee.
- Add the mustard seeds, cinnamon stick and allow it to crackle.
- Pour it over the Amaranth Khichdi and serve.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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