Dinner, Indian

Dalia Khichdi with Sauteed Paneer

A comforting khichdi where dalia and sprouted moong simmer with whole spices, peas, tomato and curds, then get finished with a quick pan saute of paneer cubes.

30 min	173	29 g	3.7 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 4 servings

- [ ] 3/4 cup dalia (broken wheat)
- [ ] 1/4 cup sprouted moong (whole green gram)
- [ ] 1 1/2 tsp oil
- [ ] 2 clove (laung / lavang)
- [ ] 1 stick dalchini (cinnamon)
- [ ] 2 elaichi (green cardamom)
- [ ] 1 bay leaf (tejpatta)
- [ ] 2 tsp ginger-garlic (adrak-lehsun) paste
- [ ] 1 tsp green chilli paste
- [ ] 1/4 cup finely chopped onion
- [ ] 1/2 cup matar (green peas)
- [ ] 1/4 cup finely chopped tomato
- [ ] 2 tbsp low fat curds (dahi)
- [ ] salt (namak) to taste
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] 2 tsp garam masala
- [ ] 1 tsp oil
- [ ] 1/2 cup low fat paneer (cottage cheese) cubes
- [ ] freshly ground black pepper (kalimirch) to taste
- [ ] low fat curds (dahi)

Nutrition Facts

Per serving

Calories	**173**
Total fat	3.8 g
Saturated fat	Not listed
Sodium	18 mg
Total carbs	29 g
Fiber	2.9 g
Total sugars	3.7 g
Protein	5.6 g

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Method

- [ ] **1** Give the dalia (broken wheat) a thorough clean and wash in enough water first, then drain it and keep it aside.
- [ ] **2** Warm 1 1/2 tsp oil in a pressure cooker, then toss in the cloves (laung / lavang), the stick of dalchini (cinnamon), the elaichi (green cardamom) and the bay leaf (tejpatta), sauteing everything on a medium flame for a few seconds.
- [ ] **3** Next, tip the dalia and the sprouted moong (whole green gram) into the cooker and saute them together on a medium flame for 30 seconds.
- [ ] **4** Follow with the ginger-garlic (adrak-lehsun) paste, green chilli paste, finely chopped onion, matar (green peas), finely chopped tomato, low fat curds (dahi), haldi powder (turmeric powder), garam masala and salt (namak), pour 1 1/2 cups of hot water over it all, mix thoroughly and pressure cook for 3 whistles.
- [ ] **5** Wait until the steam has escaped completely, then open the cooker lid.
- [ ] **6** For the topping, warm the remaining 1 tsp oil in a small broad non-stick pan, drop in the low fat paneer (cottage cheese) cubes along with some salt (namak) and freshly ground black pepper (kalimirch), and saute on a medium flame for 30 seconds.
- [ ] **7** Finish by spooning the sauteed paneer over the khichdi and serve it hot with low fat curds (dahi) on the side.

General information, not medical advice.

Estimates vary with brands and portions.