



Moong Dal Khichdi Recipe (Diabetic Friendly)

Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 0.75 Cup Brown Rice
- 0.75 Cup Moong Dal
- 70 gms Soya Granules
- 1.5 Teaspoons Ghee
- 2 Bay Leaf
- 1 Teaspoon Cumin Seeds
- 50 gms Peanuts
- 0.5 Teaspoon Turmeric Powder
- 5 Cups Water
- 1 Pinch Salt (To Taste)

Zubereitung

1. Prepare ingredients as mentioned in the list. Wash the rice, soya granules and moong dal and keep aside.
2. Heat ghee in a cooker, add bay leaf and cumin seeds. When it starts to splutter, add peanuts and turmeric and sauté for a minute.
3. Add the washed rice, moong dal, soya granules, MAGGI Masala-ae-Magic, and water. Adjust salt to taste and pressure cook for 5 minutes after the first whistle. Serve hot.

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Carbohydrates	50.1 g
Energy	361.4 kcal
Fats	9.51 g
Protein	20.58 g

🕒 30 Minutes

⊕ 4 Servings