

Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 0.5 Cup Rice
- 0.5 Cup Moong Dal
- 1 Tablespoon Ghee
- 0.5 Teaspoon Cumin Seed
- 0.5 Teaspoon Turmeric Powder
- 2 Cups Water
- 0.5 Teaspoon Red Chilli Powder
- 1 Bay Leaf
- 1 Pinch Salt (To Taste)

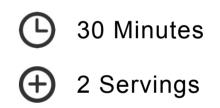
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Moong Dal Khichdi

Recipe

- 1. Prepare ingredients as mentioned in the list. Wash the rice and moong dal and keep aside.
- 2. Heat oil in a cooker, add bay leaf and jeera. When it startS to splutter, add all the other ingredients, except water and sauté for a minute.
- Add the washed rice, moong dal, MAGGI Masala-ae-Magic, and 2 cups of water. Pressure cook for 2-3 minutes after the first whistle. Serve hot.

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Carbohydrates

60.42 g

Energy	362.3 kcal
Fats	8.39 g
Protein	10.8 g