



Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 1.25 Cups Quinoa (Soaked for 3-4 hr)
- 1 Cup Moong Dal
- 3 Tablespoons Oil
- 0.5 Teaspoon Mustard Seeds
- 0.5 Teaspoon Cumin Seeds
- 1 Onion (Chopped)
- 2.5 Cups Mixed Vegetable (carrots, beans and peas)
- 1 Tablespoon Ginger (Finely Chopped)
- 3 Green Chillies (Chopped)
- 0.5 Teaspoon Turmeric Powder
- 0.5 Teaspoon Red Chilli Powder
- 6 Cups Water (900 ml)
- 20 gms Coriander Leaves (Chopped)
- 1 Pinch Salt (To Taste)

Zubereitung

1. Wash and soak the Quinoa for 2-3 hrs. Wash and soak moong dal for 15-20 mins.
2. Heat oil in a pressure cooker, add mustard seeds, cumin seeds and allow them to splutter. Add onion and saute till transparent, add ginger, green chillies, mixed vegetables and cook for 5 minutes while stirring occasionally. Now add turmeric powder, red chilli powder and mix well.
3. Add soaked quinoa and moong dal. Mix well and add water. Bring the mixture to a boil. Add MAGGI Masala-ae-Magic, coriander leaves. Adjust salt to taste. Close the lid of the pressure cooker and cook for 2-3 min after the first whistle.
4. Allow the pressure to release and serve hot.

Nährwerte an

Carbohydrates	65.17 g
Energy	468.76 kcal
Fats	15.51 g
Protein	18.3 g

⌚ 22 Minutes

⊕ 4