

Dal Khichdi

Dal Khichdi is a comforting and nutritious one-pot Indian dish combining lentils and rice, seasoned with mild spices. It's easy to digest and perfect for a wholesome meal any time of the day.



Indian

40 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 1/4 cup yellow moong dal (split yellow lentils)
- 1/4 cup rice
- 2 cups water
- 1/2 teaspoon cumin seeds
- 1/4 teaspoon turmeric powder
- 1 small green chili, chopped (optional)
- 1/2 inch ginger, grated
- 1 tablespoon ghee or oil
- Salt to taste
- Fresh coriander leaves for garnish

Steps

- 1 Rinse the moong dal and rice thoroughly under running water until clear.
- 2 Heat ghee or oil in a pressure cooker or heavy-bottomed pot over medium heat.
- 3 Add cumin seeds and let them splutter.
- 4 Add chopped green chili and grated ginger; sauté for 1 minute.
- 5 Add rinsed dal and rice, stir well.
- 6 Add turmeric powder and salt.
- 7 Pour in the water and mix.
- 8 If using a pressure cooker, close the lid and cook for 3–4 whistles on medium heat. If using a pot, cover and simmer gently for about 30–35 minutes or until the dal and rice are soft and cooked.
- 9 Once cooked, gently mash the khichdi with a spoon for a smoother texture if desired.
- 10 Garnish with fresh coriander leaves and serve hot with yogurt or pickle.