

Cracked Wheat Khichdi





Ingredients

120 g	Cracked wheat
1 tbsp	Canola or sunflower oil
1 tsp	Cumin seeds
4 cloves	Garlic, diced
1 tsp	Green chilli, chopped
100 g	Frozen mixed vegetables
350ml	Hot water
To taste	Salt
1 tbsp	Chopped fresh coriander
4	Sunny side up eggs (Optional)

Method

1. Soak cracked wheat for 20 mins in water. Drain.
2. Heat oil in a pan, add cumin seeds and fry until they pop
3. Add garlic and green chilli then the frozen vegetables and sauté for 2 – 3 mins
4. Add cracked wheat. Mix well and add 350ml hot water. Season with salt and bring to a boil.
5. Cover and cook over a slow fire for approximately 20 mins until water dries up and cracked wheat is cooked to a mash
6. Remove from pan and garnish with coriander.
7. Top each serving of rice with a sunny side up egg (optional), serve hot.

Nutritional information	Energy
Total servings 	940 kcal
Per serving 	235 kcal