INDIAN · LUNCH · DINNER

One-Pot Masala Khichdi

40 min · Serves 5 · 417 kcal a serve · Video 5:48 · Your Food Lab

Vegetarian · No nuts listed

Rice, two dals and a pot full of vegetables give each serve about 15 g of protein and 13 g of fibre, and make it rich in folate and vitamin C. Just 1 tbsp of ghee and 1 tsp of oil for the whole pot.

Diet notes: Low saturated fat (1.9 g, 4% of the energy); Gluten-free with a swap: Most asafoetida (hing) is blended with wheat flour: use a gluten-free one or leave it out.

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Ingredients 27 · SERVES 5

- [ ] 200 g **short-grain rice** (Surti kolam), washed and soaked
- [ ] 100 g **toor dal** (split pigeon peas)
- [ ] 100 g **yellow moong dal**
- [ ] 1 tbsp **ghee**
- [ ] 1 tsp **oil**
- [ ] ½–1 tsp **cumin seeds**
- [ ] 2 **bay leaves**
- [ ] 1 **dried red chilli**
- [ ] ¼ tsp **asafoetida** (hing)
- [ ] 1 large **onion**, chopped
- [ ] 1 tsp chopped **ginger**
- [ ] 1 tbsp chopped **garlic**
- [ ] 1 **green chilli**, chopped
- [ ] 1 large **tomato**, chopped
- [ ] a pinch of **salt** with the tomato + salt to taste
- [ ] ½ tsp **turmeric powder**
- [ ] ½ tsp **Kashmiri red chilli powder**
- [ ] ½ tsp **coriander powder**
- [ ] 2 **potatoes**, diced
- [ ] 1 **carrot**, diced
- [ ] 50 g small **cauliflower florets**
- [ ] 10–12 **French beans**, chopped
- [ ] 75 g **green peas**
- [ ] 1.9 L **water**, plus a little hot water to loosen
- [ ] a pinch of **garam masala**
- [ ] a pinch of **roasted kasuri methi powder**
- [ ] a handful of **fresh coriander**, chopped

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash the rice and both dals together 2–3 times until the water runs clear, then soak in plenty of water for 10–15 minutes while you prep the vegetables. 0:37
2. Heat the ghee and oil in a pressure cooker. Crackle the cumin seeds, then add the bay leaves, dried red chilli, asafoetida and onion and cook 2–3 minutes until translucent. Add the ginger, garlic and green chilli and cook 1–2 minutes on high. 1:39
3. Add the tomato with a pinch of salt and cook on high until soft. Lower the heat, stir in the turmeric, Kashmiri chilli and coriander powder, then add the potato, carrot, cauliflower, beans and peas and stir on high for a minute. 2:21
4. Drain the rice and dal and add them with 1.9 L of water and salt to taste. Close the lid and cook for 4 whistles on medium. 3:00
5. Let the pressure release naturally. Open, stir gently, add a little hot water to loosen it to your liking and cook 1–2 minutes more. 3:30
6. Finish with a pinch of garam masala, roasted kasuri methi and fresh coriander. Serve hot with curd, pickle, papad and sliced onion. 4:01

> **Tip** Use any vegetables you have. Leftovers thicken as they stand, so loosen with hot water when reheating. A spoon of curd (plain yoghurt) on the side adds protein.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
417 kcal	15 g	80 g
1,740 kJ	30% of a day	67 g net · 8.3 g sugars
		29% of a day

FIBRE	FAT	SODIUM
13 g	4.8 g	420 mg
47% of a day	1.9 g saturated	18% of a day
	6% of a day	

Energy from net carbs 72% · protein 16% · fat 12%

High in (20%+ of a day) Folate 43% · Vitamin B6 31% · Vitamin C 30% · Magnesium 24% · Vitamin K 24% · Potassium 22% · Selenium 22% · Zinc 21% · Iron 20% · Vitamin A 20%

Source of (10–19%) Omega-3 10%

Recipe and video: Your Food Lab (@YourFoodLab) on YouTube — youtube.com/watch?v=_JUcqjCKhHc, published 4 September 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/one-pot-masala-khichdi