



The 5 Ingredient Collection

OATMEAL KHICHDI

#myshangrila

Recipe by Ragini Gongo, Manager Global Sales Office, Mumbai

INGREDIENTS

Serves 1

Lentils (preferably red lentil or yellow split bean lentil)	1 cup
Oatmeal (whole)	1/2 cup
Mixed vegetables - carrots, onion, tomato & spinach	
Mixed spices (turmeric, paprika)	
Toppings of your choice - pumpkin seeds or sunflower seeds or peanuts	

RECIPE

1 Roughly chop the mixed vegetables (I've added a handful of spinach, 1 carrot, 1 whole onion, 1 tomato).

2 In a pressure cooker or a Casserole, add the lentils, half a cup of oatmeal, 2 cups of water, the mixed vegetables and the mixed spices.

6 Let it cook for 15-20 minutes. The consistency needs to be thick and creamy.

7 When ready, add toppings of your choice (I used mixed seeds, coriander, fried onions, lime slices, and edible flower to garnish it. You can always use peanuts or roasted almonds for the crunch.