

### Ingredients

Quantity	Measure	Ingredients	Description
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### Method

In a pan dry roast the daliya for 3-4 minutes till it's aroma fill up your kitchen and the grains are light brown in color.

Assemble all the ingredients. Peel and chop onions, tomatoes and green capsicum.

In a cooker heat oil and add mustard seeds. When the seeds start to crackle add in onions.

Add in peas, tomatoes and green capsicum. Saute for 1 minute till they are slightly tender. Mix in all the spices one by one.

Give it a good mix.  
Add in daliya..  
Mix..Mix and mix..  
Add water and mix.

The quantity of water should be just enough to cover the daliya. For an idea dip your CLEAN AND WASHED finger in the daliya water and the water level should be upto your first finger line.

Cook for 3-4 whistles or until soft. Allow it to cool down completely. It should be all dried up and look like a perfect cake. Spoon out some mixture and rub in between your fingers to check if the grain is soft and cooked.

Serve hot with fresh homemade curd or sprinkle some lemon juice and enjoy.

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