

Sabudana Khichdi Recipe – Easy Vrat Special

Make delicious, fluffy Sabudana Khichdi with boiled potatoes, roasted peanuts, curry leaves and rock salt. A simple Indian fasting recipe for Navratri and Ekadashi.



Prep time
10 minutes

Cook time
15 minutes

Total time
25 minutes

Servings
4

Calories
450 kcal

Ingredients

Sabudana (tapioca pearls)	1 cup
Boiled potatoes	2 medium
Green chilies	2
Roasted peanuts	¼ cup
Curry leaves	8-10
Ghee	2 teaspoons
Cumin seeds	¼ teaspoon
Rock salt (sendha namak)	to taste
Lemon juice	1 tablespoon

Method

1. Wash and Soak the Sabudana

First, take one cup of sabudana and rinse it thoroughly two or three times. This helps remove excess surface starch. Next, soak the pearls in an appropriate amount of water. In the video, the sabudana was soaked for approximately 1–1½ hours. However, some varieties require several hours or overnight soaking. Therefore, always press a pearl between your fingers before cooking. It should feel soft without a hard center.

2. Prepare the Ingredients

Take two medium boiled potatoes and cut them into small pieces. Then, finely chop two green chilies. Additionally, keep ¼ cup of roasted peanuts and 8–10 curry leaves ready. Preparing everything beforehand makes the cooking process easier.

3. Heat Ghee and Add Cumin

Heat two teaspoons of ghee in a pan over medium heat. Once the ghee becomes hot, add ¼ teaspoon of cumin seeds. Allow the cumin to crackle. Then, add the chopped green chilies and curry leaves. Sauté briefly until the ingredients release their aroma.

4. Roast the Boiled Potatoes

Next, add the chopped boiled potatoes to the pan. Cook them over low heat for approximately 3–4 minutes. Stir occasionally to prevent sticking. As the potatoes become lightly golden, they develop a delicious roasted flavor.

5. Add the Soaked Sabudana

Now, add the soaked and drained sabudana to the roasted potatoes. Gently combine everything so the tapioca pearls mix evenly with the other ingredients. However, avoid stirring too vigorously. Otherwise, the pearls may break and become sticky.

6. Add Rock Salt

Sprinkle rock salt according to your taste. Since this is a fasting recipe, sendha namak is used instead of regular table salt. Mix gently to distribute the salt evenly.

7. Cover and Cook

Cover the pan with a lid and cook over low heat for approximately two minutes. Afterward, remove the lid and check the sabudana. The pearls should become soft and slightly translucent. If they still have a firm center, continue cooking briefly until done.

8. Add Roasted Peanuts

Once the sabudana is almost cooked, add ¼ cup of roasted peanuts. The peanuts provide a pleasant crunch and a nutty flavor. Next, gently mix everything together without breaking the pearls.

9. Finish with Lemon Juice

Turn off the heat when the sabudana is fully cooked. Then, add one tablespoon of fresh lemon juice. The lemon juice adds a refreshing, tangy flavor. Finally, mix gently.

10. Serve Hot

Your delicious Vrat Special Sabudana Khichdi is ready to serve. Enjoy it hot with plain yogurt or another fasting-friendly accompaniment.

Chef tips

- Fasting traditions vary. Use only ingredients permitted under your family's fasting practices.
- Too much soaking water can make sabudana mushy. Therefore, adjust the water according to the variety.
- Different types of sabudana require different soaking times. Some need several hours or overnight soaking.
- Roasted peanuts maintain a pleasant crunch when added toward the end of cooking.

Full recipe: <https://meenrazcooking.com/en/recipe/sabudana-khichdi-recipe/>

Watch the video: youtube.com/watch?v=sm_Db9rFogc