DietCloud – Recipe

Recipe Name: Lemongrass Coconut Rice Recipe

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Rice - washed and soaked in water for 30 minutes • 1 cup Green beans - finely chopped • Carrot (Gajjar) - finely chopped • Broccoli - finely chopped • Green peas (Matar) - steamed • 1 cup Coconut milk • 1-1/2 cups Water • 1/2 teaspoon Ginger - grated • 4 Whole Black Peppercorns - crushed • 1 Stock Lemongrass - cut into 2-3 pieces • 2 teaspoon Sunflower Oil • Salt - to taste	4

Preparation

• Add the rice and stir well for a few seconds.

• Add the coconut milk, water, lemongrass stalk, peppercorns and salt to the rice, and leave it to boil.

• Once it boils, turn the heat to low, cover the pan and cook the lemon grass coconut rice till the liquid evaporates and the rice is tender.

• Turn off the heat and let the lemongrass rice stand for 8-10 minutes.

• Lastly, Toss the rice gently and discard the lemon grass stalks.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)

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