# DietCloud – Recipe

**Recipe Name:** Chettinad Vegetable Casserole Recipe - Chettinad Vegetable Pulao Recipe

**Diet Type:** Vegetarian

**Course:** Dinner

**Cuisine:** Chettinad

**Quantity:**




## Description

This Chettinad Vegetable Pulao is a fragrant and wholesome one-pot rice dish brimming with the robust flavors of Southern India. Long-grain rice is cooked with a colorful medley of vegetables like carrots, green beans, and peas, infused with a vibrant blend of aromatic whole spices and a touch of mint. It's a satisfying and comforting meal, often served hot with a cooling raita or a rich vegetable curry.
[PROS]
- Rich in dietary fiber from various vegetables, aiding digestion.
- Abundant in vitamins and minerals from carrots (Vitamin A), green beans, and peas.
- Contains powerful anti-inflammatory and antioxidant compounds from spices like turmeric, ginger, garlic, and cinnamon.
- Provides sustained energy due to complex carbohydrates from rice and potatoes.
[CONS]
- Portion size (1 cup rice) might be high in carbohydrates for individuals managing blood sugar.
- Ghee content 'as per use' can significantly increase saturated fat intake if not used sparingly.
- Can be high in sodium if salt is not carefully controlled, especially when combined with a side curry.
[DIETITIAN REVIEW]
This Chettinad Vegetable Pulao is a well-balanced dish, offering a good mix of carbohydrates, fiber, and micronutrients from the diverse vegetable content and beneficial spices. It's a flavorful way to incorporate more vegetables into your diet, though mindful portioning and moderate use of ghee are advisable for optimal health. The aromatic spices also contribute to digestive health. Score: 8/10

## Ingredients

| Ingredient | Quantity |
|---|---|
| • rice | 1 cup |
| • small onions | 12, finely chopped |
| • garlic | 2 cloves, crushed |
| • ginger | 1 inch, crushed |
| • green chillies | 2, slit lengthwise |
| • bay leaf | 1, torn |

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| • red chilli powder | 1 tsp |

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| • turmeric powder | 1 tsp |

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| • carrot | 1, chopped |

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| • green beans | 12, chopped |

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| • potatoes | 2, peeled and chopped |

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| • ghee | as needed |

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- cloves 2

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| • cinnamon stick | 1 inch piece |

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| • fennel seeds | 1 tsp |

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| • whole black peppercorns | 1 tsp |

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| • coriander seeds | 1 tsp |

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- green peas — 1/4 cup, steamed

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| • mint leaves | 1/4 cup, finely chopped |

## Preparation

• 1.
• Wash the rice thoroughly under running water until the water runs clear.
• Soak it in fresh water for 20-30 minutes, then drain.
• 2.
• Prepare the ginger-garlic paste by crushing the ginger and garlic cloves.
• Keep aside.
• 3.
• Heat ghee in a heavy-bottomed pan or pressure cooker over medium heat.
• 4.
• Add the whole spices: cloves, cinnamon stick, fennel seeds, whole black peppercorns, coriander seeds, and torn bay leaf.
• Sauté for a minute until fragrant.
• 5.
• Add the finely chopped small onions and sauté until they turn golden brown.
• 6.
• Stir in the crushed ginger-garlic paste and slit green chillies.
• Cook for another 1-2 minutes until the raw smell disappears.
• 7.
• Add the chopped carrot, green beans, and chopped potatoes.
• Sauté the vegetables for 5-7 minutes until they start to soften slightly.
• 8.
• Add the red chilli powder and turmeric powder.
• Mix well and cook for 1-2 minutes, ensuring the spices are well combined with the vegetables.
• 9.
• Drain the soaked rice completely and add it to the pan.
• Gently mix the rice with the vegetables and spices for 2-3 minutes, ensuring each grain is coated.
• 10.
• Add 2 cups of water (or as per your rice type's recommendation for pulao) and salt to taste.
• Bring the mixture to a rolling boil.
• 11.
• Reduce the heat to low, cover the pan tightly, and cook for about 15-20 minutes, or until all the water is absorbed and the rice is cooked through.
• If using a pressure cooker, cook for 1 whistle on high heat, then lower the heat and cook for 5 minutes, then turn off the heat and let the pressure release naturally.
• 12.
• Once cooked, gently fluff the rice with a fork.
• Stir in the steamed green peas and finely chopped mint leaves.
• 13.
• Serve the Chettinad Vegetable Pulao hot, garnished with a sprig of mint, alongside a raita or your

favorite curry.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|
| 550 | 15 | 70 | 20 | 4 | 5 |