



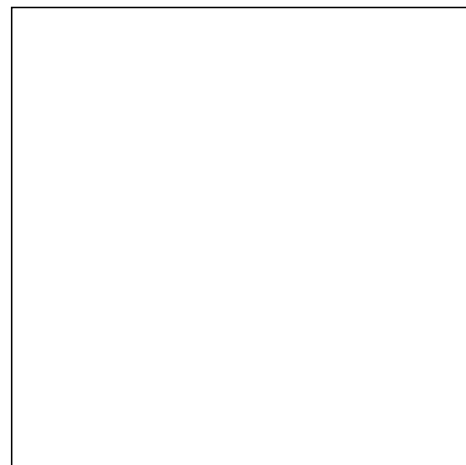
Recipe Name: Chettinad Vegetable Casserole Recipe -
Chettinad Vegetable Pulao Recipe

Diet Type: Vegetarian

Course: Dinner

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup rice - wash well in water • 12 small onions - finely chopped • 2 cloves garlic - tighten • 1 inch ginger - tighten • 2 green chillies - straight and thin cut • 1 bay leaf - break • 1 tsp red chilli powder • 1 tsp turmeric powder • 1 carrot - chop • 12 green beans - chop • 2 potatoes - peel and chop • ghee - as per use • 2 cloves • 1 inch cinnamon • 1 tsp fennel • 1 tsp whole pepper • 1 tsp coriander seeds • 1/4 cup green peas - steam • 1/4 cup mint leaves - finely chopped	4

Preparation

- To make Chettinad vegetable casserole, first cut all the vegetables.
- Soak rice for 30 minutes.
- Heat a pan on gas.
- Add long, cinnamon, fennel, whole black pepper, coriander seeds, and roast for 2 to 3 minutes.
- Turn off the gas and allow this spice mixture.



Macronutrients

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

