DietCloud – Recipe

Recipe Name: Mushroom Methi Brown Rice Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Brown Rice	12
• 1 cup Button mushrooms - sliced thin	
• 1 cup Methi Leaves (Fenugreek Leaves) - chopped	
• 2 Onions - finely chopped	
• 2 Tomatoes - finely chopped	
• 3 Green Chillies - slit	
• 5 cloves Garlic - chopped	
• 1 teaspoon Red Chilli powder	
• 2 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 2 tablespoons Sunflower Oil	

Preparation

• To begin making the Mushroom Methi Brown Rice, rinse brown rice twice.
• Soak in water for about 30 minutes.
• Drain the rice from water and add 2-1/2 cup clean water to soaked rice in a pressure cooker.
• Pressure cook for 2 whistles.
• In a heavy bottomed pan, heat oil.

• After the tomatoes have turned mushy add the red chilli powder, turmeric powder, coriander powder and salt.
• Mix well to combine.

- After the moisture from the mushrooms has evaporated add finely chopped fresh fenugreek leaves and cook for another 3 minutes.
- When mushrooms and fenugreek leaves are fully cooked, add cooked brown rice and gently mix it.
- Check for salt and adjust accordingly.

Macronutrients

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