



Recipe Name: Herbal Brown Rice Recipe - Herbal Brown Rice Recipe

Diet Type:

Course: Side Dish

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1-1 / 2 cup brown rice	4
• 2 onions - finely chopped	
• 4 long garlic - finely chopped	
• 3 tsp oregano	
• 3 tsp rosemary	
• 4 tsp red chilli flakes	
• salt - as per taste	
• oil	
• water - According to use	

Preparation

- To make Herb Brown Rice recipe, first soak the brown rice in 2-1 / 2 cups of water for 1/2 hour.
- Heat the oil in a pressure cooker.
- Add the garlic and cook for 30 seconds.
- Now add onions and cook till they turn golden brown.
- After the onion is cooked, add.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
216	5	45	4	4	1