

Recipe Name: Tofu Pulao Recipe
Diet Type: Vegetarian
Course: Dinner
Cuisine: Indian
Quantity:



Ingredients

Ingredient

Quantity

- 1 cup rice
- 2 tablespoons ghee
- 1 teaspoon cumin seeds
- 1 bay leaf
- 1 lentil sugar
- 3 long
- 2 green chillies - chopped
- 1 tablespoon ginger garlic paste
- 2 onions - chopped
- 2 tomatoes - chopped Take
- 1/2 capsicum (green) - red or yellow
- 1/2 teaspoon red chilli powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala powder
- 1 cup tofu - cut
- salt - according to taste
- coriander - to garnish

Preparation

- To make Tofu Casserole, first wash and soak the rice for 1/2 hour.
- Drain and keep aside.
- Heat the ghee in a saucepan.
- After it gets hot, add cumin seeds and let it splutter.
- Add onion, green chilli, ginger garlic paste and let it cook till the onion turns.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	20	70	20	4	2

