

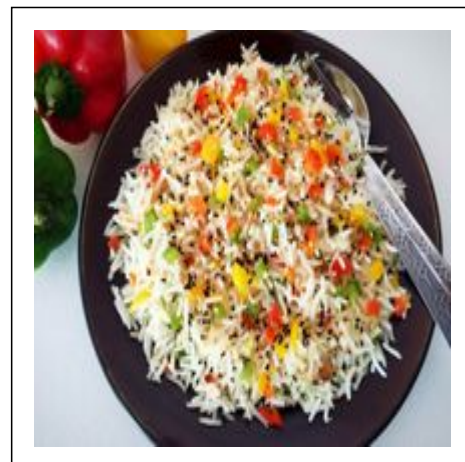
Recipe Name: Crunchy Ginger Capsicum Rice Recipe

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Basmati rice - cooked	9
• 1 Yellow Bell Pepper (Capsicum)	
• 1 Red Bell pepper (Capsicum)	
• 1 Green Bell Pepper (Capsicum)	
• 2 Green Chillies - finely chopped	
• 2 inch Ginger - grated	
• 2 teaspoon Butter	
• 2 teaspoon Sesame seeds (Til seeds) - mixed black and white	
• Salt - to taste	

Preparation

- To begin making Crunchy Ginger Capsicum Rice Recipe, let's get the basmati rice ready.
- Wash the basmati rice in running tap water until clear and soak for 30 minutes.
- Now, take a big pan, fill it with 3.
- 5 cups of water and bring it to a rolling boil.
- Add t.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	12	4	2