DietCloud – Recipe

Recipe Name: Aromatic Vegetable Pulao Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: Indian
Quantity:



Description

Aromatic Vegetable Pulao is a fragrant, colorful one-pot Indian rice dish infused with whole spices such as star anise, cardamom, and cinnamon. Long-grain basmati rice is gently cooked alongside tender green peas, carrots, potatoes, and bell peppers, delivering a balanced blend of flavors and textures. Finished with fresh mint and coriander leaves, this wholesome dish is typically served steaming hot with a side of cooling raita or crisp salad.
[PROS]
- Packed with vitamins, minerals, and dietary fiber from a diverse array of fresh vegetables
- Whole warming spices like star anise, cloves, and cinnamon offer potent antioxidant and digestive properties
- Naturally gluten-free, plant-based, and easy on the digestive system
[CONS]
- High in fast-digesting carbohydrates with a moderate glycemic impact when prepared using white rice
- Relatively low in complete protein unless paired with a legume, tofu, or yogurt-based accompaniment
[DIETITIAN REVIEW]
This Vegetable Pulao offers a delightful, nutrient-dense way to enjoy complex carbohydrates complemented by vibrant vegetables and therapeutic spices. While it provides ample micronutrients and fiber, pairing it with a protein source like paneer, dal, or Greek yogurt raita will help optimize blood sugar stability and prolong satiety. Score: 8/10

Ingredients

Ingredient	Quantity
• Rice	2 cups
• Sunflower Oil	4 tablespoons
• Onion - chopped	1
• Tomato - chopped	1
• Ginger Garlic Paste	1 tablespoon
• Red Chilli powder	1/4 teaspoon
• Carrots (Gajjar) - chopped	1/4 cup

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- Green peas (Matar) - steamed 1/4 cup

- Green Bell Pepper (Capsicum) - chopped 1/4 cup

- Potato (Aloo) - cut into small cubes 1/4 cup

- Cardamom (Elaichi) Pods/Seeds 2

- Cloves (Laung) 2

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• Garam masala powder	1 teaspoon

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- Star anise 1

- Cinnamon Stick (Dalchini) 1 inch

- Coriander (Dhania) Leaves - finely chopped 1 small bunch

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- Mint Leaves (Pudina) - finely chopped — a few sprigs

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• Salt	to taste

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Preparation

• 1.

• Rinse the rice thoroughly under cold running water until the water runs clear, then soak in water for 20 to 30 minutes and drain completely.

• 2.

• Heat the sunflower oil in a heavy-bottomed pot or deep skillet over medium heat.

• 3.

• Add the star anise, cinnamon stick, cloves, and cardamom pods, sautéing for about 30 seconds until fragrant.

• 4.

• Add the chopped onion and sauté until golden brown and translucent.

• 5.

• Stir in the ginger-garlic paste and cook for 1 minute until the raw aroma disappears.

• 6.

• Add the chopped tomato, red chilli powder, garam masala powder, and salt.

• Cook until the tomatoes turn soft and the oil begins to release.

• 7.

• Toss in the potatoes, carrots, green bell pepper, and green peas, cooking for 2 to 3 minutes to coat the vegetables in the spice base.

• 8.

• Fold in the drained rice, chopped mint leaves, and coriander leaves, gently stirring for 1 minute to avoid breaking the grains.

• 9.

• Pour in 4 cups of water (adjusting as needed for the rice) and bring to a rolling boil.

• 10.

• Reduce the heat to low, cover the pot tightly with a lid, and simmer undisturbed for 12 to 15 minutes until the rice is tender and the liquid is fully absorbed.

• 11.

• Remove from heat, let it rest covered for 5 minutes, then gently fluff the rice with a fork and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	12	4	5