

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



## Ingredients

| Ingredient                                                 | Quantity |
|------------------------------------------------------------|----------|
| • 2 cups Rice                                              | 4        |
| • 4 tablespoons Sunflower Oil                              |          |
| • 1 Onion - chopped                                        |          |
| • 1 Tomato - chopped                                       |          |
| • 1 tablespoon Ginger Garlic Paste                         |          |
| • 1/4 teaspoon Red Chilli powder                           |          |
| • 1/4 cup Carrots (Gajjar) - chopped                       |          |
| • 1/4 cup Green peas (Matar) - steamed                     |          |
| • 1/4 cup Green Bell Pepper (Capsicum) - chopped           |          |
| • 1/4 cup Potato (Aloo) - cut into small cubes             |          |
| • 2 Cardamom (Elaichi) Pods/Seeds                          |          |
| • 2 Cloves (Laung)                                         |          |
| • 1 teaspoon Garam masala powder                           |          |
| • 1 Star anise                                             |          |
| • 1 inch Cinnamon Stick (Dalchini)                         |          |
| • Coriander (Dhania) Leaves - a small bunch finely chopped |          |
| • Mint Leaves (Pudina) - a few sprigs finely chopped       |          |
| • Salt - to taste                                          |          |

## Preparation

- To begin making the Aromatic Vegetable Pulao recipe, wash and soak rice for at least 30 minutes.
- Drain the water and keep it aside.
- Heat oil in a sauce pan and add onions, whole spices and cook until the onion turns golden brown.
- Meanwhile add 4 cups of wat.



## Macronutrients

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

