

Recipe Name: One Pot Spicy Vegetable Pulao Recipe with Coconut Milk

Diet Type: Vegetarian

Course: Dinner

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Basmati rice - (or any other rice)	3
• 120 ml Coconut milk	
• 1 teaspoon Turmeric powder (Haldi)	
• 10 Green beans (French Beans) - diced small	
• 1-1/2 cups Cauliflower (gobi) - florets	
• 2 Carrots (Gajjar) - diced small	
• 2 cloves Garlic - grated	
• 1 Ginger	
• 2 Green Chillies - slit	
• 2 Cloves (Laung)	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 Bay leaf (tej patta)	
• Salt - to taste	
• 2 tablespoons Ghee	

Preparation

- To begin making the Spicy Vegetable Pulav with Coconut Milk, we will first wash the rice under water and keep it aside.
- Keep the coconut milk, vegetable chopped and the spices ready by the side.
- We will be making the pulav in one pot and cooking it in a Pr.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	15	70	25	8	10