DietCloud – Recipe

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

Diet Type: Vegetarian

Course: Dinner

Cuisine: Indian

Quantity:



Description

This vibrant One Pot Spicy Vegetable Pulao combines fragrant basmati rice infused with golden turmeric, creamy coconut milk, and aromatic whole spices. Packed with colorful diced carrots, tender green beans, and cauliflower, it offers a harmonious balance of heat from green chillies and richness from ghee. Form-molded and served alongside a refreshing tomato-cucumber raita, it makes for a visually appealing and comforting meal.
[PROS]
- High in dietary fiber and essential antioxidants from mixed vegetables like carrots, cauliflower, and green beans.
- Contains powerful anti-inflammatory compounds from turmeric, ginger, and whole warming spices.
- Provides easily digestible healthy fats from coconut milk and ghee to support fat-soluble vitamin absorption.
[CONS]
- High in saturated fats and overall caloric density due to the combination of coconut milk and ghee.
- Relatively low in complete protein, requiring a protein-rich accompaniment like lentils or paneer for a balanced meal.
[DIETITIAN REVIEW]
Score: 8/10. This aromatic vegetable pulao is a nutrient-dense comfort food that excels in fiber and micronutrient variety thanks to the abundant vegetables and anti-inflammatory spices. To enhance its metabolic profile, slightly reduce the added ghee and pair it with a lean protein source like Greek yogurt raita or grilled tofu to improve satiety and blood sugar stabilization.

Ingredients

Ingredient	Quantity
• Basmati rice	1 cup
• Coconut milk	120 ml
• Turmeric powder (Haldi)	1 teaspoon
• Green beans (French Beans) • diced small	10
• Cauliflower (gobi) florets	1-1/2 cups

• Carrots (Gajjar) • diced small	2

DietCloud – Recipe

• Garlic • grated	2 cloves

DietCloud – Recipe

• Ginger • grated	1 inch

DietCloud – Recipe

• Green Chillies	2
• slit	

- Cloves (Laung) 2

- Cardamom (Elaichi) Pods 2

- Cinnamon Stick (Dalchini) 1 inch

- Bay leaf (tej patta) 1

DietCloud – Recipe

• Salt	to taste

DietCloud – Recipe

• Ghee	2 tablespoons

DietCloud – Recipe

Preparation

• 1.

• Rinse the basmati rice thoroughly under cold running water until clear, then soak in water for 20 minutes; drain completely and set aside.

• 2.

• Heat ghee in a heavy-bottomed pot or pressure cooker over medium heat.

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

• 3.

• Add the grated ginger, garlic, and slit green chillies.

• Sauté for 1 minute until the raw aroma dissipates.

• 4.

• Toss in the diced carrots, green beans, and cauliflower florets along with turmeric powder and salt.

• Sauté for 2 to 3 minutes until slightly tender.

• 5.

• Add the drained basmati rice and gently stir to coat the grains with the ghee and spices without breaking them.

• 6.

• Pour in the coconut milk along with 1 cup of water, gently stirring to combine.

• Bring the mixture to a boil.

• 7.

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

• 8.

• Turn off the heat and let the pulao rest covered for 5 minutes.

• Fluff gently with a fork, press into a bowl to unmold onto a serving plate, and serve warm with raita.

Macronutrients

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