

Recipe Name: Thai Yellow Coconut Curry Rice Recipe

Diet Type:

Course: Lunch

Cuisine: Thai

Quantity:



Ingredients

Ingredient	Quantity
• 1 tablespoon Cumin seeds (Jeera)	4
• 1 tablespoon Cinnamon Stick (Dalchini)	
• 1 tablespoon Dry ginger powder	
• 1 tablespoon Turmeric powder (Haldi)	
• 2 teaspoons Red Chilli powder	
• 2 teaspoons Coriander (Dhania) Seeds	
• 2 teaspoons Fennel seeds (Saunf)	
• 2 teaspoons Whole Black Peppercorns	
• 4 cloves Garlic	
• 1 teaspoon Cardamom (Elaichi) Pods/Seeds	
• 1 teaspoon Mace (Javitri)	
• 2 cups Jasmine Rice	
• 1 cup Coconut milk	
• 1/2 teaspoon Salt	
• 2 tablespoons Coconut Oil	
• 1 Onion - diced	
• 1 Red Bell pepper (Capsicum) - sliced thin	
• 10 Gawar Phali (Kothavarangai / Cluster beans) - chopped into half	
• 1 inch Ginger - minced	
• 1 Stalks Lemongrass - fresh minced	
• 2 cloves Garlic - minced	
• 1 tablespoon Lemon juice	
• 1 tablespoon Jaggery	
• Salt - to taste	
• Thai basil leaves - for garnish	

Preparation



- In the meantime roast the cumin seeds, coriander seeds, fennel seeds, peppercorns and cinnamon sticks slightly.
- Once that is done grind it along w.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
542	22	63	24	4	6

