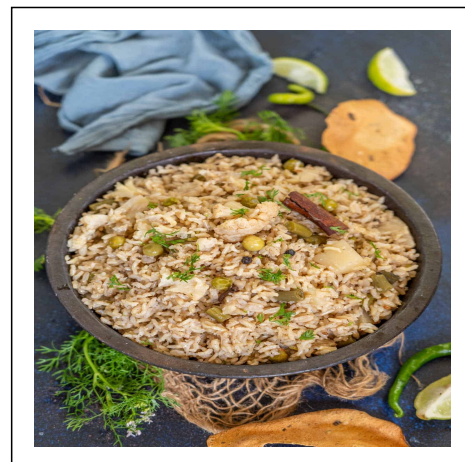


Recipe Name: BROWN BASMATHI RICE PULAO
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients

Rice: 1 cup Brown Basmati Rice.

Aromatics: 1 medium onion (sliced), 1 tsp ginger-garlic paste, and 1-2 green chilies.

Whole Spices: 1 bay leaf, 1-inch cinnamon stick, 3-4 cloves, 1 tsp cumin seeds (jeera), and 2-3 green cardamoms.

Vegetables: Carrots, peas, beans, cauliflower, or potatoes.

Fat: 2 tbsp ghee or oil.

Cooking Methods

Method Instructions

Pot (Stovetop) Sauté spices and onions in ghee. Add veggies and soaked rice. Add water and salt. Bring to a boil, then cover and simmer on low heat for 15–25 minutes until water is absorbed. Let it rest covered for 5 minutes before fluffing.

Pressure Cooker Sauté spices, aromatics, and veggies. Add soaked rice and 2.5 cups of water. Pressure cook for 2 whistles on medium flame. Allow the pressure to release naturally for 15 minutes before opening.

Instant Pot Use the "Sauté" function for spices and veggies. Add rice and 2.5 cups of water. Close lid and "Pressure Cook" on High for 22 minutes. Allow a 10-minute Natural Pressure Release (NPR) before manual release.

Ingredients

Ingredient

Quantity

• Need to Fill

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	8	70	14	4	2