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Recipe Name: BROWN BASMATHI RICE PULAO

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This wholesome Brown Basmati Rice Pulao is a fragrant and flavorful one-pot meal, featuring the nutty richness of brown basmati rice cooked with an assortment of fresh vegetables like green peas, cauliflower, and green beans, along with aromatic whole spices. It's lightly seasoned and often garnished with fresh cilantro, making for a hearty and balanced main dish. Served warm, it's a comforting option that pairs well with raita or a simple salad.
[PROS]
- High in fiber from brown rice and vegetables, aiding digestion and promoting satiety.
- Provides complex carbohydrates for sustained energy release.
- Rich in vitamins and minerals from the diverse vegetable mix.
- Lower glycemic index compared to white rice pulao, beneficial for blood sugar management.
[CONS]
- Requires longer cooking time compared to white rice varieties.
- Texture of brown rice might be less preferred by some who are accustomed to white rice.
- Can be high in calories if excessive oil/ghee is used in preparation.
[DIETITIAN REVIEW]
This Brown Basmati Rice Pulao is an excellent choice for a nutritious and satisfying meal, offering a robust blend of fiber, complex carbohydrates, and essential nutrients from the added vegetables. Its whole grain base makes it a healthier alternative to traditional white rice dishes, contributing to better digestive health and sustained energy. Score: 8.5/10

Ingredients

Ingredient	Quantity
• Brown Basmati Rice	1/2 cup (dry)
• Water (for cooking)	1.5 cups
• Mixed Vegetables (e.g. • green peas • cauliflower • green beans • potato)	1/2 cup, chopped

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• Onion	1/4 small, finely sliced

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• Ginger-Garlic Paste	1/2 teaspoon

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• Cooking Oil or Ghee	1 teaspoon

- Cinnamon Stick — 1-inch piece

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- Green Cardamom Pod 1

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- Cloves 2

- Bay Leaf 1 small

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- Black Peppercorns 2-3

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• Cumin Seeds	1/4 teaspoon

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• Salt	To taste

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• Fresh Cilantro	1 tablespoon, chopped (for garnish)

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Preparation

• 1.
• Rinse brown basmati rice thoroughly under cold water until water runs clear.
• Soak the rice in fresh water for 20-30 minutes.
• Drain well before use.
• 2.
• Heat oil or ghee in a small pot or pressure cooker over medium heat.
• Add cumin seeds, cinnamon stick, green cardamom, cloves, bay leaf, and black peppercorns.
• Sauté for 15-20 seconds until the spices become fragrant.
• 3.
• Add the finely sliced onion to the pot and sauté until it turns translucent.
• Stir in the ginger-garlic paste and cook for another minute until the raw aroma disappears.
• 4.
• Add the mixed chopped vegetables (potato, green beans, cauliflower) and sauté for 3-4 minutes.
• Then, add the green peas and mix well.
• 5.
• Gently add the drained brown basmati rice to the pot.
• Stir carefully to combine the rice with the vegetables and spices, ensuring not to break the rice grains, and cook for 1-2 minutes.
• 6.
• Pour in the water (or vegetable broth) and add salt to taste.
• Bring the mixture to a rolling boil.
• 7.
• Reduce the heat to low, cover the pot tightly, and let it simmer for 20-25 minutes, or until all the water is absorbed and the rice is tender.
• If using a pressure cooker, cook for 2-3 whistles on medium heat, then let the pressure release naturally.
• 8.
• Once cooked, turn off the heat and let the pulao rest, covered, for 5 minutes.
• Then, gently fluff the pulao with a fork.
• 9.
• Garnish with fresh chopped cilantro and serve hot.

Macronutrients

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