

Recipe Name: One Pot Methi Mushroom Brown Rice Pulao Recipe

Diet Type: Vegetarian

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Brown Rice	4
• 250 grams Button mushrooms	
• 1 cup Methi Leaves (Fenugreek Leaves)	
• 1 Onion	
• 1 teaspoon Ginger Garlic Paste	
• 2 Green Chillies	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 Bay leaf (tej patta)	
• 1/2 inch Cinnamon Stick (Dalchini)	
• 2 Cloves (Laung)	
• Salt - to taste	
• 2 teaspoons Sunflower Oil	

Preparation

- Wash the mushrooms and fenugreek leaves properly and chop them.
- Heat the required oil in a pressure cooker.
- Once hot, add cinnamon, cloves, bay l.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	12	4	2