



Recipe Name: GINGER LEMON BROWN RICE

Diet Type:

Course:

Cuisine: Indian

Quantity:



Description

Key Ingredients

Rice: 1 cup brown basmati or long-grain brown rice.

Aromatics: 1-2 tbsp finely grated or minced fresh ginger, 2-3 cloves of garlic (optional), and 1-2 green chilies.

Zest & Juice: Juice of 1 large lemon and its zest for intensified flavor.

Tempering Spices: 1 tsp mustard seeds, 1 tsp cumin seeds, a pinch of turmeric for color, and a handful of curry leaves.

Crunch (Optional): Roasted peanuts or cashews.

Traditional (Stovetop) 1. Soak rice for 30–60 minutes.

2. Boil rice in a 1:2.5 rice-to-water ratio until tender but firm.

3. In a separate pan, heat oil and sauté ginger, chilies, and tempering spices.

4. Fold the cooked rice into the spice mixture.

5. Turn off heat and stir in lemon juice and zest.

Instant Pot / Pressure Cooker 1. Sauté spices, ginger, and chilies in the pot.

2. Add soaked rice and 1.75 to 2 cups of water.

3. Pressure cook for 20–22 minutes (high pressure) followed by a 10-minute natural release.

4. Add lemon juice only after pressure is released and the rice is slightly cooled to preserve the vitamin C and flavor.

Ingredients

Ingredient

Quantity

• Need to Fill

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	8	85	10	3.5	1.5