

Recipe Name: Dried Neem Flower Flavored Rice (Recipe in Hindi)

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup black rice - cooked	2
• oil - or ghee	
• 1/3 teaspoon asafoetida	
• 1/2 teaspoon white urad dal	
• 2 teaspoons neem leaves	
• 1 red chili	
• Few curry leaves	

Preparation

- To make Vepampu rice, first soak black rice for 6 to 8 hours.
- Now pour these rice into the cooker with water and close the cooker.
- Cook it to come to the city.
- Allow the pressure to drain and keep aside.
- Now heat oil in a pan.
- After the oil is hot, add as.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	6	70	10	2	1