DietCloud – Recipe

Recipe Name: SAAMAI COCONUT RICE

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Saamai Coconut Rice is a delightful South Indian-inspired dish, featuring wholesome barnyard millet cooked to perfection and tossed with a fragrant tempering of grated coconut, crunchy cashews, and aromatic spices like mustard seeds and curry leaves. This savory and satisfying dish is often enjoyed as a light lunch, dinner, or a nutritious breakfast.
[PROS]
- Rich in dietary fiber from barnyard millet, aiding digestion and promoting satiety.
- Gluten-free, making it suitable for individuals with gluten sensitivity or celiac disease.
- Provides healthy fats from coconut and cashews, contributing to energy and nutrient absorption.
[CONS]
- High in calories if portion sizes of cashews and coconut are not moderated.
- Contains nuts (cashews), which are a common allergen.
[DIETITIAN REVIEW]
This Saamai Coconut Rice is a nutritionally sound and delicious choice. The use of barnyard millet significantly boosts its fiber content and offers a healthier, gluten-free alternative to traditional rice. The combination of healthy fats from coconut and protein from cashews makes it a well-balanced meal, though mindful portioning of the tempering ingredients is key. Score: 8/10

Ingredients

Ingredient	Quantity
• Barnyard Millet (Saamai)	1/2 cup
• Water	1 cup
• Grated Fresh Coconut	1/4 cup
• Coconut Oil (or preferred cooking oil)	1.5 teaspoons
• Mustard Seeds	1/2 teaspoon
• Urad Dal (split black gram)	1 teaspoon
• Chana Dal (split Bengal gram)	1 teaspoon
• Cashews (broken)	8-10 pieces

• Curry Leaves	6-8 leaves

- Green Chili (finely chopped) 1

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• Ginger (finely grated • optional)	1/2 teaspoon

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• Salt	To taste

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Preparation

• 1.
• Rinse the barnyard millet thoroughly under running water.
• In a small pot, combine the rinsed millet with 1 cup of water and a pinch of salt.
• Bring to a boil, then reduce heat, cover, and simmer for 10-12 minutes or until the water is absorbed and millet is cooked and fluffy.
• Once cooked, fluff with a fork and set aside to cool slightly.
• 2.
• In a separate small pan, heat the coconut oil over medium heat.
• Add mustard seeds and let them splutter.
• Then add urad dal and chana dal, frying until they turn golden brown.
• 3.
• Add the broken cashews and fry until light golden.
• Stir in the curry leaves, chopped green chili, and grated ginger (if using), and sauté for about 30 seconds until fragrant.
• 4.
• Remove the pan from heat and add the grated fresh coconut to the tempering mixture.
• Stir well to combine.
• 5.
• Gently add the cooked and slightly cooled barnyard millet to the tempering mixture.
• Add salt to taste and mix everything thoroughly until the millet is evenly coated with the coconut and spice mixture.
• 6.
• Serve warm as a wholesome breakfast, lunch, or light dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	8	60	20	4	2