

Recipe Name: Carrot Pulao Recipe - Carrot Rice (Recipe)
Diet Type: Vegetarian
Course: Dinner
Cuisine: Indian
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 cups rice - cooked	4
• 10 small onions - finely chopped	
• 1 inch ginger - grated Powder	
• 1 green coriander - a little	
• oil - as per use	
• 1 tablespoon ghee - and sesame oil	
• salt - as per taste	

Preparation

- To make carrot casserole, first heat oil in a pan.
- Add mustard seeds and let it cook for 15 seconds.
- Now add onion and ginger and let it cook till the onion becomes soft.
- Now add carrots, salt and let it cook till the carrots become soft.
- After cooking, add curry leaves, sambar powder, cardamom powder, salt and mix it.
- After 1 minute add rice and mix.
- Now add green coriander, a tablespoon of ghee and mix well.
- Serve hot.
- Serve the Carrot Casserole with Spinach Raita, Paneer Masala and Phulka for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	45	7	4	6