DietCloud – Recipe

Recipe Name: FENUGREEK MUSHROOM BROWN RICE

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This Fenugreek Mushroom Brown Rice is a hearty and aromatic one-bowl meal, combining earthy mushrooms and nutrient-rich fenugreek leaves with wholesome brown rice. Seasoned with a blend of warming spices, it's a flavorful and satisfying dish perfect for a healthy lunch or light dinner, often garnished with fresh herbs for an extra burst of freshness. The dish visible in the photo is a warm, light brown rice medley with visible chunks of brown mushrooms, vibrant green fenugreek leaves, and finely chopped aromatics, all served in a cream-colored bowl with a green rim, topped with fresh sprigs of dill or parsley.
[PROS]
- High in dietary fiber from brown rice and fenugreek, aiding digestion and promoting satiety.
- Rich in essential vitamins and minerals, thanks to mushrooms (B vitamins, selenium) and fenugreek (iron, magnesium).
- Fenugreek may help regulate blood sugar levels and support digestive health, making it a good choice for metabolic well-being.
[CONS]
- The distinct bitter taste of fenugreek leaves may not appeal to everyone's palate.
- Brown rice requires a longer cooking time compared to white rice, increasing overall preparation time.
[DIETITIAN REVIEW]
This dish offers an excellent nutritional profile, packing whole grains, lean protein from mushrooms, and potent herbs. The combination of fiber, complex carbohydrates, and various micronutrients makes it incredibly beneficial for gut health and overall well-being, while being a flavorful vegetarian option. Score: 8/10

Ingredients

Ingredient	Quantity
• Brown Rice	1/2 cup (uncooked)
• Water or Vegetable Broth	1 cup
• Olive Oil	1 tbsp
• Onion	1/4 small, finely chopped
• Garlic	1 clove, minced

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• Ginger	1/2 inch piece, grated

- Mushrooms (Cremini or Button) 1 cup, sliced

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• Fresh Fenugreek Leaves (Methi)	1/2 cup, chopped

- Turmeric Powder 1/4 tsp

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- Cumin Powder 1/2 tsp

- Red Chili Powder (optional) 1/4 tsp

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• Salt	to taste

• Fresh Dill or Coriander	1 tbsp, chopped (for garnish)

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Preparation

• 1.
• Rinse brown rice thoroughly.
• In a small pot, combine brown rice with water or vegetable broth.
• Bring to a boil, then reduce heat to low, cover, and simmer for 40-45 minutes, or until water is absorbed and rice is tender.
• Fluff with a fork.
• 2.
• While the rice is cooking, heat olive oil in a pan over medium heat.
• Add chopped onion and sauté until softened and translucent, about 3-5 minutes.
• 3.
• Add minced garlic and grated ginger to the pan, cooking for another minute until fragrant.
• 4.
• Stir in the sliced mushrooms and cook until they release their moisture and start to brown, about 5-7 minutes.
• 5.
• Add the chopped fresh fenugreek leaves, turmeric powder, cumin powder, and red chili powder (if using).
• Sauté for 2-3 minutes until the fenugreek leaves wilt and the spices are fragrant.
• 6.
• Add the cooked brown rice to the pan with the mushroom and fenugreek mixture.
• Mix well to combine all ingredients, ensuring the rice is evenly coated with the spices and vegetables.
• 7.
• Season with salt to taste.
• Cook for an additional 2-3 minutes, stirring occasionally, to allow the flavors to meld.
• 8.
• Transfer the Fenugreek Mushroom Brown Rice to a serving bowl.
• Garnish with fresh dill or coriander before serving hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	10	8	2