

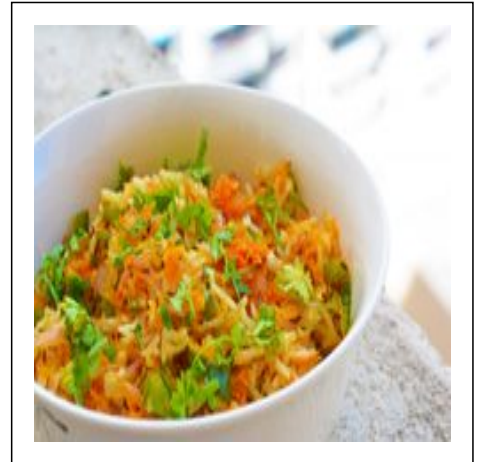
Recipe Name: Carrot and Capsicum Rice Recipe - Carrot and Capsicum Rice

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 cups rice - cook	2
• 1 teaspoon cumin seeds	
• 3 to 4 curry leaves	
• 1 green chili - finely chopped	
• 1 carrot - tightly	
• 1 capsicum (green) - finely chopped	
• 1 onion - finely chopped	
• 1/2 teaspoon red chilli powder	
• 1/2 teaspoon black pepper powder	
• ghee - coriander - little (for garnish)	
• salt - as per taste	

Preparation

- To make carrot and capsicum casserole, first heat ghee in a pan.
- Add cumin seeds, green chillies and onions.
- Cook onion till it turns golden.
- After curry is cooked add curry leaves and capsicum.
- Cook until the capsicum becomes soft.
- After it becomes soft, add grated carrots, cooked rice and mix.
- After mixing, add salt, red chili powder and black pepper powder.
- Mix and cover the pan.
- Allow to cook for 2 minutes, open the pan and garnish with green coriander.
- Serve carrot and capsicum pulao along with boondi raita and papad for dinner.

Macronutrients



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

