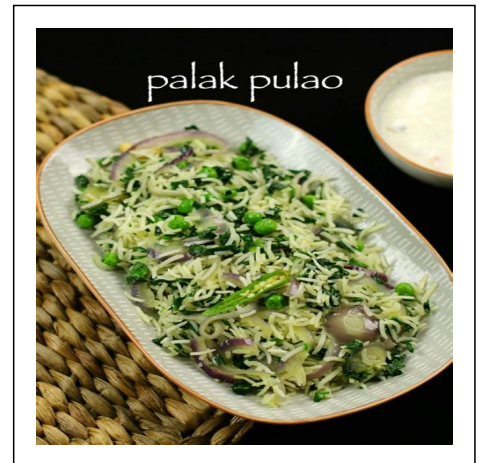


Recipe Name: Palak Pulao Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: Indian
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 cups rice	4
• 200 grams spinach - wash and chop	
• 1 teaspoon cumin seeds	
• 1 teaspoon ginger - grated	
• 1 tomato puree	
• 1/2 teaspoon turmeric powder	
• 1 teaspoon sambar powder	
• 1 teaspoon garam masala powder	
• 2 tablespoons Ghee - or til oil	
• salt - as per taste	

Preparation

- To make spinach casserole, first heat oil in a pan.
- Add cumin, ginger and cook for 10 seconds.
- After 10 seconds, add tomatoes, turmeric powder and cook till the tomatoes become soft.
- After the tomatoes are soft, add spinach and salt.
- Cover the pan and let it cook until it becomes soft.
- After the spinach becomes soft, increase the heat and let the spinach water disappear.
- Now add cooked rice, sambar powder, salt and mix it.
- Turn down the heat, cover the pan and let it cook for 2 minutes.
- After 2 minutes, open the pan, mix and turn off the gas.
- Serve hot.
- Serve Pulao with Bundi Raita, Kachumbar Salad and Papad for day or dinner.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	18	4	2

