DietCloud – Recipe

Recipe Name: CHICKPEAS & MINT RICE

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

This vibrant Chickpeas & Mint Rice is a delightful one-pan meal, offering a symphony of flavors and textures. Fragrant Basmati rice is cooked with tender chickpeas, sweet green peas, and diced carrots, all brightened by fresh mint and subtle aromatic spices. It's a wholesome and satisfying dish perfect as a main course or a flavorful side.
[PROS]
- Excellent source of plant-based protein and dietary fiber from chickpeas, promoting satiety.
- Rich in vitamins and minerals provided by a variety of colorful vegetables.
- Mint adds a refreshing flavor profile and may aid digestion.
- A convenient and balanced meal that is easy to prepare.
- Naturally gluten-free (ensure all ingredients are certified).
[CONS]
- High carbohydrate content, may require portion control for individuals managing blood sugar.
- The use of whole spices might not appeal to all palates.
- Requires some preparation time for soaking rice and chopping vegetables.
[DIETITIAN REVIEW]
This Chickpeas & Mint Rice is a nutritionally robust dish, providing complex carbohydrates, ample protein, and significant fiber, which are crucial for sustained energy and digestive health. The combination of legumes and vegetables enhances its micronutrient profile. It's a fantastic option for a plant-forward diet seeking both flavor and substance. Score: 8.5/10

Ingredients

Ingredient	Quantity
• Basmati Rice	1/2 cup (uncooked)
• Cooked Chickpeas	1/2 cup
• Green Peas	1/4 cup
• Carrot	1/4 cup (diced)
• Red Onion	1/4 medium (sliced)
• Fresh Mint Leaves	2 tbsp (chopped)

- Bay Leaf 1

- Green Cardamom Pods 2

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- Cloves 2

• Cinnamon Stick	1-inch piece

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- Vegetable Oil 1 tbsp

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• Water	1 cup (or as per rice package instructions)

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• Salt	To taste

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Preparation

• 1.
• Wash the Basmati rice thoroughly and soak in water for 20-30 minutes.
• Drain well.
• 2.
• Heat vegetable oil in a pan over medium heat.
• Add bay leaf, cardamom pods, cloves, and cinnamon stick.
• Sauté for 30 seconds until fragrant.
• 3.
• Add sliced red onion to the pan and sauté until translucent, about 3-4 minutes.
• 4.
• Stir in diced carrots and green peas, cooking for another 2-3 minutes.
• 5.
• Add the drained rice and cooked chickpeas to the pan.
• Gently mix for 1 minute to coat with the oil and spices.
• 6.
• Pour in water, add salt to taste, and bring the mixture to a rolling boil.
• 7.
• Reduce the heat to low, cover the pan tightly, and simmer for 12-15 minutes, or until all the water is absorbed and the rice is cooked through.
• 8.
• Turn off the heat, stir in the chopped fresh mint leaves, and let the rice rest, covered, for 5 minutes.
• 9.
• Gently fluff the rice with a fork before serving warm.

Macronutrients

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