DietCloud – Recipe

Recipe Name: CHANNA SPINACH RICE

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Channa Spinach Rice is a wholesome and vibrant one-pot meal featuring fluffy rice infused with the earthy goodness of fresh spinach puree and hearty chickpeas. This delicious and nutritious dish is beautifully garnished with fresh cilantro, offering a delightful blend of textures and flavors. It is typically served warm, often accompanied by sides like yogurt or crispbreads.
[PROS]
- Excellent source of plant-based protein from chickpeas, aiding satiety and muscle health.
- Rich in dietary fiber, promoting digestive health and blood sugar regulation.
- Packed with essential vitamins and minerals from spinach, including Vitamin K, Vitamin A, iron, and folate.
- A convenient and balanced meal, combining carbohydrates, protein, and vegetables.
[CONS]
- Can be high in carbohydrates if not portioned carefully, particularly for those monitoring carb intake.
- Individuals sensitive to oxalates might need to consume spinach in moderation.
- Requires some preparation time for spinach puree and cooking chickpeas (if not using canned).
[DIETITIAN REVIEW]
This Channa Spinach Rice is a fantastic choice for a balanced and nutrient-dense meal. The combination of chickpeas and spinach provides a powerful punch of protein, fiber, and micronutrients, making it highly beneficial for overall health. It's a flavorful way to incorporate more vegetables and legumes into your diet.
Score: 9/10

Ingredients

Ingredient	Quantity
• Basmati Rice	1/2 cup
• Fresh Spinach	1.5 cups (packed)
• Cooked Chickpeas (Channa)	1/2 cup
• Onion	1/4 medium, finely chopped
• Garlic	1 clove, minced
• Ginger	1/2 inch piece, grated
• Green Chili	1 (adjust to taste)

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- Cumin Seeds 1/2 tsp

- Turmeric Powder 1/4 tsp

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- Garam Masala 1/2 tsp

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- Lemon Juice 1 tsp

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• Salt	to taste

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• Cooking Oil (e.g. • olive • avocado)	1 tbsp

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• Fresh Cilantro	2 tbsp, chopped for garnish

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• Water	as needed

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Preparation

• 1.
• Rinse basmati rice thoroughly and soak in water for 20 minutes, then drain.
• 2.
• Blanch spinach in hot water for 2-3 minutes, then immediately transfer to ice water to retain color.
• Drain well and blend with green chili to form a smooth paste.
• 3.
• Heat oil in a medium-sized pot or pan over medium heat.
• Add cumin seeds and let them splutter.
• 4.
• Add chopped onion and sauté until translucent.
• Stir in minced garlic and grated ginger, cooking for another minute until fragrant.
• 5.
• Add the spinach-chili paste, turmeric powder, and garam masala.
• Cook for 3-5 minutes, stirring occasionally, until the raw smell of spinach disappears and the paste thickens slightly.
• 6.
• Stir in the drained rice and cooked chickpeas.
• Add approximately 1 cup of water (or as per rice package instructions, adjusting for moisture from spinach paste) and salt to taste.
• Bring to a boil.
• 7.
• Reduce heat to low, cover the pot tightly, and simmer for 15-18 minutes, or until the rice is cooked and all the water is absorbed.
• 8.
• Remove from heat and let it rest, covered, for 5 minutes.
• Fluff gently with a fork.
• 9.
• Stir in lemon juice and garnish with fresh chopped cilantro before serving.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
542	22	65	17	4	2