DietCloud – Recipe

Recipe Name: TOMATO METHI RICE

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Tomato Methi Rice is a wholesome and flavorful one-pot meal featuring aromatic basmati rice cooked with fresh fenugreek leaves (methi) and ripe tomatoes. This vibrant dish is spiced with common Indian spices, offering a delightful balance of tang, subtle bitterness from methi, and savory notes. It's served warm, often as a light lunch or dinner, and can be enjoyed on its own or with a side of yogurt or raita.
[PROS]
- Rich in dietary fiber from methi and tomatoes, aiding digestion.
- Provides essential vitamins and minerals, including Vitamin C from tomatoes and iron from methi.
- Fenugreek (methi) may help with blood sugar regulation and cholesterol management.
- A convenient and complete meal option for busy schedules.
[CONS]
- Methi can be slightly bitter, which some palates might find strong.
- Portion control is important due to the carbohydrate content from rice.
- Could be high in sodium if not mindful of added salt and spices.
[DIETITIAN REVIEW]
This Tomato Methi Rice offers a nutritious blend of carbohydrates, fiber, and essential micronutrients. The inclusion of fenugreek leaves is a significant health booster, contributing to overall wellness. While generally well-balanced, careful seasoning ensures it remains a healthy option. Score: 8/10

Ingredients

Ingredient	Quantity
• Cooked Basmati Rice	1 cup
• Fresh Methi (Fenugreek) Leaves	1 cup, chopped
• Tomato	1 small, finely chopped
• Onion	1/4 small, thinly sliced
• Ginger-Garlic Paste	1/2 teaspoon
• Cooking Oil	1 teaspoon
• Cumin Seeds (Jeera)	1/4 teaspoon

• Turmeric Powder (Haldi)	1/4 teaspoon

• Red Chili Powder	1/4 teaspoon (adjust to taste)

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• Garam Masala	1/4 teaspoon

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• Salt	To taste

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• Fresh Coriander Leaves (Garnish • optional)	1 tablespoon, chopped

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Preparation

• 1.

• If not already prepared, cook Basmati rice according to package instructions and keep it fluffy and separate.

• Allow it to cool slightly.

• 2.

• Heat cooking oil in a non-stick pan or kadai over medium heat.

• Add cumin seeds and let them splutter.

• 3.

• Add sliced onion and sauté until it turns translucent.

• Then add the ginger-garlic paste and cook for another minute until the raw aroma disappears.

• 4.

• Stir in the chopped tomatoes and cook until they soften and start to release oil from the sides, about 3-4 minutes.

• 5.

• Add turmeric powder, red chili powder, garam masala, and salt.

• Mix well and cook for 1 minute, ensuring the spices are fragrant.

• 6.

• Add the chopped fresh methi leaves to the pan.

• Sauté for 2-3 minutes until the leaves wilt and their raw bitterness reduces.

• 7.

• Gently add the cooked rice to the pan.

• Mix everything thoroughly but carefully, ensuring the rice grains remain intact and are evenly coated with the masala.

• 8.

• Cover and cook on low heat for 2-3 minutes to allow the flavors to meld.

• 9.

• Garnish with fresh coriander leaves (if using) and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	15	4	5