

Recipe Name: Doddapatre Soppina Chitranna Recipe
(Spiced Indian Thyme Rice)

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Cooked rice	4
• 2 tablespoons Sunflower Oil	
• 10 Indian borage (Doddapatre) - cleaned washed and separated	
• 3/4 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Chana dal (Bengal Gram Dal)	
• 1 teaspoon White Urad Dal (Split)	
• 1/2 cup Dessicated Coconut - chopped	
• 3 Byadagi Dried Chillies	
• 3 Guntur Dried Chillies	
• Coriander (Dhania) Leaves - a few sprigs finely chopped for garnish	
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon Chana dal (Bengal Gram Dal)	
• 1/2 teaspoon White Urad Dal (Split)	
• 1/4 teaspoon Asafoetida (hing)	
• 1 tablespoon Raw Peanuts (Moongphali)	
• 1 sprig Curry leaves	
• Salt - to taste	

Preparation

- To start preparing Doddapatre Soppina Chitranna (Indian Thyme Rice) Recipe, get all the ingredients handy first.
- Heat a teaspoon of oil in wide bottomed kadai and add urad dal, channa dal, cumin and roast them on medium flame until the dals turn golden.
- Transfer the seasoning to a mixie/ food processor.
- Add red chillies to the kadai and roast them on low flame until the pungent odour is slightly reduced (takes about 1-2 minutes).



- Add desiccated coconut and fry for a minute until the pleasant aroma rises.
- Cool this and add to the mixie along with other ingredients.
- Fry doddapatre leaves in kadai for a minute or two till the leaves wilt.
- Transfer the leaves to the mixie.
- Now grind all the ingredients into a smooth paste using little water.
- Heat oil in wide bottomed pan and add mustard, once it starts spluttering add the channa and urad dal, groundnuts, curry leaves and hing.
- Fry till the dals turns golden and the groundnuts are done (the skin starts to peel).
- Now add the ground paste and fry for a minute.
- Mix in the cooked rice, sprinkle some salt and mix until everything is well incorporated.
- Doddapatre Soppina Chitranna (Indian Thyme Rice) Recipe is now ready with some chopped coriander leaves to garnish.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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