DietCloud – Recipe

Recipe Name: BRINJAL RICE

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Brinjal Rice, also known as Vangi Bath in South India, is a beloved one-pot meal featuring tender pieces of eggplant (brinjal) cooked with a medley of aromatic spices and mixed with fluffy rice. This hearty and flavorful dish, often seasoned with a special masala, offers a comforting and satisfying experience. It is typically served warm as a complete meal.
[PROS]
- Rich in dietary fiber from eggplant, promoting healthy digestion and satiety.
- Eggplant provides various antioxidants, including nasunin, which can support overall cellular health.
- Contains complex carbohydrates from rice, offering a good source of sustained energy.
[CONS]
- Can be high in calories and fat if excessive oil is used during cooking.
- Individuals with sensitivities to certain spices might experience digestive discomfort.
- While flavorful, it might lack a complete protein profile if not served with a side dish like dal or yogurt.
[DIETITIAN REVIEW]
This Brinjal Rice is a flavorful and satisfying dish that effectively incorporates vegetables into a staple meal. The eggplant contributes valuable fiber and antioxidants, making it a nutritious choice. To enhance its nutritional profile, consider using brown rice for more fiber and reducing the amount of oil, while pairing it with a protein source. Score: 7.5/10

Ingredients

Ingredient	Quantity
• Cooked Basmati Rice	1 cup
• Small Brinjal (Eggplant)	1 medium (approx. 100g), sliced
• Onion	1/4 medium, finely chopped
• Tomato	1/4 medium, chopped
• Ginger-Garlic Paste	1/2 tsp
• Curry Leaves	5-6 leaves
• Mustard Seeds	1/4 tsp

DietCloud – Recipe

• Cumin Seeds	1/4 tsp

- Turmeric Powder 1/4 tsp

• Red Chili Powder	1/2 tsp (adjust to taste)

- Coriander Powder 1/2 tsp

- Garam Masala (or Vangi Bath Masala) 1/2 tsp

DietCloud – Recipe

- Oil 1 tbsp

DietCloud – Recipe

• Salt	To taste

DietCloud – Recipe

• Fresh Coriander	1 tbsp, chopped (for garnish)

DietCloud – Recipe

Preparation

• 1.
• Heat oil in a medium pan over medium heat.
• Add mustard seeds and cumin seeds, and let them splutter.
• 2.
• Add curry leaves and chopped onion.
• Sauté until the onion turns translucent.
• 3.
• Stir in ginger-garlic paste and cook for 1 minute until its raw aroma disappears.
• 4.
• Add chopped tomato, turmeric powder, red chili powder, coriander powder, and garam masala.
• Cook, stirring occasionally, until tomatoes soften and the oil starts to separate from the masala.
• 5.
• Add the sliced brinjal and salt.
• Mix well to coat the brinjal with the spices.
• Cover the pan and cook on low heat for 5-7 minutes, or until the brinjal is tender, stirring periodically to prevent sticking.
• Add a splash of water if necessary.
• 6.
• Once the brinjal is cooked, add the cooked rice to the pan.
• Gently mix everything together until the rice is evenly coated with the brinjal masala.
• 7.
• Cover the pan and cook for another 2-3 minutes on low heat to allow the flavors to meld and for the rice to heat through.
• 8.
• Garnish with fresh chopped coriander and serve hot immediately.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	20	8	5