

Recipe Name: Coriander Semiya Recipe - Vermicelli Pulao

Diet Type: Vegetarian

Course: Dinner

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Rice Vermicelli Noodles (Thin)	3
• 1 cup Coriander (Dhania) Leaves	
• 4 Green Chillies - (depending upon how spicy you want)	
• 3 tablespoons Fresh coconut - grated	
• 2 cloves Garlic	
• 1/2 cup Red onion - sliced	
• 1/2 cup Carrots (Gajjar) - chopped	
• 1/2 cup Green peas (Matar) - fresh or frozen	
• 3 Cloves (Laung)	
• 1 Bay leaf (tej patta)	
• 1 Cardamom (Elaichi) Pods/Seeds	
• 1 Star anise	
• 1/2 teaspoon Garam masala powder	
• Salt - to taste	
• 3 tablespoons Sunflower Oil	

Preparation

- To begin making the Coriander Semiya Recipe, soak the rice sticks in just enough hot water to cover it fully.
- Keep aside for 3 to 4 minutes.
- Drain and keep aside.
- In a blender container, blend the coriander leaves (coarsely chopped), coconut, green chillies and garlic to a fine paste.
- Keep it aside.
- Heat oil in a heavy bottomed pan and add the dry spices (cloves, bay leaf, cardamom and star anise).
- Saute till it emanates a good aroma, takes a few seconds.



- Add the sliced onions and fry on medium till soft and light golden brown.
- Next, add in the carrots, green peas and cook till the carrots become soft.
- Add the garam masala powder, soaked and drained rice sticks and salt.
- Mix everything nicey.
- Close and heat on low for about 2 minutes more.
- Remove and serve hot with potato chips and a salad and boondi raita or any raita.

Macronutrients

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