

Recipe Name: Dhaba Style Tawa Pulao Recipe - Masala Brown Rice Tawa Pulao

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Brown Rice	3
• 2 tablespoons Ghee	
• 1 tablespoon Cumin seeds (Jeera)	
• 1 Green Chilli - finely chopped	
• 1 Onion - finely chopped	
• 1 Tomato - finely chopped	
• 1 Carrot (Gajar) - finely chopped	
• 1/4 cup Green peas (Matar) - steamed	
• 1/4 cup Sweet corn - steamed	
• Salt - to taste	
• 1/2 tablespoon Red Chilli powder	
• 1 tablespoon Pav bhaji masala	
• Coriander (Dhania) Leaves - a small bunch	

Preparation

- To begin making the Dhaba Style Tawa Pulao recipe, first cook the brown rice in 1-1/2 cups of water in a pressure cooker for 3 to 4 whistles.
- Turn off the heat and allow the pressure to release naturally.
- Once the pressure has released, open the cooker and allow the rice to cool completely, before adding it to the Tawa Masala.
- To make the Tawa Masala, heat ghee in a heavy bottomed pan.
- Once the onions are soft, add chopped carrot, green peas and corn.
- Cook for about a minute or two until slightly tender.
- Add salt to taste, red chilli powder and pav bhaji masala.



- Once the vegetables are cooked, add tomatoes and cook for about a minute.

Macronutrients

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