DietCloud – Recipe

Recipe Name: CABBAGR PULAO
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

Cabbage Pulao is a delightful and wholesome one-pot rice dish, beautifully combining tender shredded cabbage and sweet corn kernels with aromatic Indian spices. This light yellow-hued pulao is infused with traditional tempering elements like mustard seeds, curry leaves, and dried red chilies, giving it a comforting yet vibrant flavor. Served warm and garnished with fresh coriander, as seen here elegantly presented in a cabbage leaf-lined bowl, it makes for a perfect light lunch or dinner option.
[PROS]
- Rich in dietary fiber from cabbage and rice, promoting digestive health.
- Excellent source of Vitamin C and K from cabbage and fresh coriander.
- Provides complex carbohydrates for sustained energy.
- Low in fat when prepared with minimal oil.
[CONS]
- Can be high in sodium if not mindful of salt usage, especially with pre-cooked rice.
- Cabbage may cause bloating or gas for individuals with sensitive digestive systems.
[DIETITIAN REVIEW]
This Cabbage Pulao is a well-balanced and nutritious meal, offering a good mix of fiber, vitamins, and complex carbohydrates. It's an excellent way to boost vegetable intake and can be made even healthier by opting for brown rice. The use of fresh herbs and spices adds antioxidants and flavor without excessive calories. Score: 8/10.

Ingredients

Ingredient	Quantity
• Cooked Basmati Rice	1 cup
• Cabbage	1 cup, finely shredded
• Sweet Corn Kernels	1/4 cup
• Onion	1/4 small, finely chopped
• Green Chili	1/2, slit (adjust to taste)
• Ginger-Garlic Paste	1/2 tsp
• Oil	1 tsp

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- Mustard Seeds 1/4 tsp

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- Cumin Seeds 1/4 tsp

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- Curry Leaves 3-4

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• Dried Red Chili	1, broken (as pictured)

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- Turmeric Powder 1/4 tsp

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• Salt	to taste

• Fresh Coriander Leaves	2 tbsp, chopped

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• Lemon Juice	1 tsp (optional)

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Preparation

• 1.
• Prepare the rice according to package directions and set aside to cool slightly.
• Shred the cabbage and chop other vegetables as needed.
• 2.
• In a medium pan or kadai, heat the oil over medium heat.
• Add mustard seeds and cumin seeds; allow them to splutter.
• Then add the dried red chili and curry leaves, sautéing for a few seconds until fragrant.
• 3.
• Add the finely chopped onion and green chili.
• Sauté until the onion turns translucent.
• Stir in the ginger-garlic paste and cook for another minute until its raw aroma disappears.
• 4.
• Add the shredded cabbage and sweet corn kernels to the pan.
• Sauté for 5-7 minutes, stirring occasionally, until the cabbage is tender-crisp.
• Do not overcook.
• 5.
• Stir in the turmeric powder and salt to taste, mixing well to ensure the spices coat the vegetables evenly.
• 6.
• Gently fold in the cooked rice until all ingredients are well combined and the pulao is heated through.
• If desired, squeeze in a little fresh lemon juice for brightness.
• 7.
• Garnish generously with fresh chopped coriander leaves.
• Serve hot, ideally in a bowl lined with a fresh cabbage leaf for an appealing presentation.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	12	4	2