DietCloud – Recipe

Recipe Name: SPROUTS PULAO

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This vibrant Sprouts Pulao is a delightful one-pot meal, featuring fragrant long-grain basmati rice cooked with wholesome sprouted mung beans, tender paneer cubes, and a medley of aromatic spices. Garnished with fresh coriander, it's a balanced and flavorful dish, often served warm with a side of cooling raita and a squeeze of fresh lime.
[PROS]
- Excellent source of plant-based protein from sprouts and paneer.
- Rich in dietary fiber, aiding digestion and promoting satiety.
- Packed with vitamins and minerals, especially Vitamin C and B vitamins from sprouts.
[CONS]
- High in carbohydrates, which may require portion control for those managing blood sugar.
- Can be caloric depending on the amount of oil/ghee used in preparation.
[DIETITIAN REVIEW]
This Sprouts Pulao is a nutritious and well-rounded meal, offering a fantastic combination of protein from sprouts and paneer, complex carbohydrates, and fiber. The addition of fresh sprouts significantly boosts its vitamin and enzyme content, making it an excellent choice for a wholesome meal. Score: 8/10

Ingredients

Ingredient	Quantity
• Basmati Rice	0.5 cup (soaked)
• Mung Bean Sprouts	0.5 cup
• Paneer	50g, cubed
• Onion	0.5 medium, sliced
• Tomato	0.5 medium, chopped
• Ginger-Garlic Paste	1 tsp
• Green Chili	1, slit (adjust to taste)
• Ghee or Oil	1 tbsp
• Bay Leaf	1

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• Cinnamon Stick	1 inch piece

• Green Cardamom	2 pods

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- Cloves 2

- Turmeric Powder 0.25 tsp

• Red Chili Powder	0.5 tsp (adjust to taste)

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- Coriander Powder 1 tsp

- Garam Masala 0.5 tsp

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- Salt to taste

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- Water 1 cup

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• Fresh Coriander Leaves	2 tbsp, chopped (for garnish)

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• Lime Wedge	1 (for serving)

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Preparation

• 1.
• Rinse basmati rice thoroughly and soak in water for 20-30 minutes.
• Drain well.
• 2.
• Heat ghee or oil in a heavy-bottomed pan or pressure cooker over medium heat.
• Add bay leaf, cinnamon stick, green cardamom, and cloves.
• Sauté for 30 seconds until fragrant.
• 3.
• Add sliced onions and green chili.
• Sauté until onions turn translucent and light golden brown.
• 4.
• Stir in ginger-garlic paste and cook for another minute until the raw smell disappears.
• 5.
• Add chopped tomatoes and cook until they soften and the oil separates.
• 6.
• Add turmeric powder, red chili powder, coriander powder, and garam masala.
• Cook for 1-2 minutes, stirring continuously, adding a splash of water if needed to prevent burning.
• 7.
• Add the sprouted mung beans and paneer cubes.
• Mix gently and cook for 2-3 minutes.
• 8.
• Add the drained basmati rice and salt to taste.
• Mix carefully to ensure the rice grains don't break.
• 9.
• Pour in 1 cup of water.
• Bring the mixture to a boil.
• Reduce heat to low, cover the pan tightly, and cook for 15-20 minutes, or until all the water is absorbed and the rice is cooked (if using a pressure cooker, cook for 1 whistle on medium heat and let the pressure release naturally).
• 10.
• Once cooked, let the pulao rest for 5 minutes before gently fluffing with a fork.
• 11.
• Garnish with fresh chopped coriander leaves and serve hot with a lime wedge and a side of raita.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	12	8	2