DietCloud – Recipe

Recipe Name: BRINJAL BROWN RICE

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Savor the wholesome goodness of Brinjal Brown Rice, a vibrant and flavorful dish combining earthy brown rice with tender pieces of eggplant. This well-spiced pilaf is enriched with crunchy peanuts and cashews, and brightened with fresh cilantro. It's a satisfying meal, often served hot and perfect on its own or alongside a cooling raita.
[PROS]
- High in fiber from brown rice and eggplant, aiding digestion and promoting satiety.
- Provides complex carbohydrates for sustained energy release.
- Rich in antioxidants from eggplant and various spices, contributing to overall health.
[CONS]
- Contains nuts (peanuts and cashews), which are common allergens.
- The specific flavor profile with eggplant and spices might not appeal to all palates.
- Brown rice requires a longer cooking time compared to white rice.
[DIETITIAN REVIEW]
This Brinjal Brown Rice is an excellent choice for a balanced and nutritious meal, packed with fiber, essential minerals, and healthy fats from the nuts. The use of brown rice makes it a superior whole-grain option. A commendable dish for promoting gut health and sustained energy. Score: 9/10

Ingredients

Ingredient	Quantity
• Brown Rice	1/2 cup (uncooked)
• Water	1.5 cups (for cooking rice)
• Brinjal (Eggplant)	1 small (approx. 150g), diced
• Cooking Oil	1.5 tablespoons
• Mustard Seeds	1/2 teaspoon
• Urad Dal (Split Black Lentils)	1 teaspoon
• Curry Leaves	6-8 leaves
• Onion	1/4 medium, finely chopped

DietCloud – Recipe

• Ginger-Garlic Paste	1 teaspoon

- Turmeric Powder 1/4 teaspoon

DietCloud – Recipe

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

DietCloud – Recipe

• Sambar Powder (or Garam Masala)	1.5 teaspoons

DietCloud – Recipe

• Salt	To taste

DietCloud – Recipe

• Roasted Peanuts	1.5 tablespoons

DietCloud – Recipe

• Cashew Nuts	1.5 tablespoons, halved

DietCloud – Recipe

• Fresh Coriander Leaves (Cilantro)	2 tablespoons, chopped (for garnish)

DietCloud – Recipe

Preparation

• 1.
• Rinse brown rice thoroughly and cook with 1.
• 5 cups of water in a pot or rice cooker until tender and fluffy.
• Set aside.
• 2.
• Heat cooking oil in a large pan or kadai over medium heat.
• Add mustard seeds, and once they splutter, add urad dal and curry leaves.
• Sauté until the dal turns light golden.
• 3.
• Add chopped onion and sauté until translucent.
• Then, add ginger-garlic paste and cook for 1 minute until fragrant.
• 4.
• Add diced brinjal (eggplant) to the pan and cook, stirring occasionally, until it starts to soften (about 5-7 minutes).
• You may add a splash of water and cover the pan to help it cook faster.
• 5.
• Stir in turmeric powder, red chili powder, sambar powder (or garam masala), and salt.
• Cook for another 2-3 minutes, ensuring the spices are well combined with the brinjal.
• 6.
• Add the cooked brown rice, roasted peanuts, and cashew nuts to the pan.
• Mix gently until all ingredients are evenly combined and heated through.
• 7.
• Garnish with fresh chopped coriander leaves and serve hot.

Macronutrients

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