

Recipe Name: Sarson Saag Pulao Recipe-Spinach Mustard Greens Pulao

Diet Type: Vegetarian

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Basmati rice	8
• 2 Onions - chopped	
• 2 Green Chillies - slit	
• 1 inch Ginger - finely chopped	
• 10 cloves Garlic - finely chopped	
• 2 Bay leaf (tej patta)	
• 4 Cloves (Laung)	
• 2 Cinnamon Stick (Dalchini)	
• 1 teaspoon Ajwain (Carom seeds)	
• 4 Cardamom (Elaichi) Pods/Seeds	
• 2 teaspoon Garam masala powder	
• 2 cups Mustard greens - chopped	
• 1 cup Spinach Leaves (Palak) - chopped	
• 1 cup Methi Leaves (Fenugreek Leaves) - chopped	
• 1 cup Bathua leaves - chopped	
• 1/4 cup Coriander (Dhania) Leaves - chopped	
• 1/4 cup Mint Leaves (Pudina) - chopped	
• 1 tablespoon Lemon juice	
• Salt - to taste	
• 4 cups Water	
• 2 tablespoons Ghee	

Preparation

- To begin making Sarson Saag Pulao Recipe first prep all the leaves.
- Take the bathua, palak, methi and sarson leaves.
- Discard the stems of the leaves, wash them thoroughly and chop and keep them aside.



- Wash the basmati rice and keep it soaked for about 15 to 30 minutes.
- Next add the onions, ginger and garlic and saute till the onions turn soft.
- Saute till the they wilt a little.
- Add the drained basmati rice and salt and mix everything together.
- Add water, garam masala and lemon juice, check seasoning and close the lid.
- Give the Sarson Saag Pulao 3 whistles on high and turn off the heat and let the pressure release naturally.
- Once the pressure has released completely, open the pressure cooker and gently stir in the coriander and mint leaves into the Sarson Saag Pulao and serve hot.

Macronutrients

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