

Recipe Name: Saoji Methi Pulao Recipe - Maharashtrian Style Fenugreek Leaves Pulao

Diet Type: Vegetarian

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Rice - soaked for 10 to 15 minutes	4
• 1/2 tablespoon Ginger - paste	
• 1/2 tablespoon Garlic - paste	
• 2 Onions - finely chopped	
• 2 Tomatoes - finely chopped	
• 1 cup Green peas (Matar)	
• 1 cup Methi Leaves (Fenugreek Leaves) - finely chopped	
• 1 tablespoon Red Chilli powder	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 to 3 tablespoon Saoji masala	
• 3 to 4 tablespoon Sunflower Oil	
• 4 cups Water	
• Salt - as required	
• 3 Whole Black Peppercorns	
• 1 Bay leaves (tej patta)	
• 1 Cinnamon Stick (Dalchini)	
• 1 Black cardamom (Badi Elaichi)	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 1 Star anise	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Fennel seeds (Saunf)	
• 1 teaspoon Poppy seeds	
• 2 teaspoon Dessicated Coconut	
• 1 teaspoon Red Chilli powder	

Preparation

- To prepare Saoji Methi Pulao Recipe, start by preparing saoji masala first.



- Dry roast all the spices mentioned for saoji masala like whole black peppercorns, bay leaves, cinnamom stick, black cardamom, cardamom, star anise, cumin seeds, fennel seeds, poppy seeds, dessicated coconut powder except chilli powder.
- Grind it in Mixer grinder along with chilli powder into a fine powder.
- (If using dry red chilli, dry roast it along with other spices.
-)Take oil in Cast Iron Handi, add cumin seeds and then add onion into it.
- Cook it for 2 to 3 minutes, add tomatoes to it.
- Now wait for the masala to cook well in the mixture, when it is blended well, add green peas and fenugreek leaves into it.
- Cook for 5 minutes and then add rice with 4 cups of water.
- Let the rice cook on a high flame.
- When there is a little water left, lower the flame, cover pan with lid and let the rice fully cook.

Macronutrients

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