DietCloud – Recipe

Recipe Name: Spicy Tomato Rice (Recipe)

Diet Type:

Course: Main Course

Cuisine: South Indian Recipes

Quantity:



Description

This vibrant Spicy Tomato Rice is a flavorful and aromatic one-pot meal, featuring fluffy cooked rice infused with a tangy and spicy tomato base, creating a beautiful orange-red hue. It's seasoned with traditional Indian spices, lentils, and the rich texture of cashews or peanuts. Served hot, this hearty and satisfying dish is perfect for a quick lunch or dinner.
[PROS]
- Rich in antioxidants from tomatoes (Lycopene) and spices.
- Provides complex carbohydrates for sustained energy from rice.
- Contains plant-based protein and fiber from lentils.
[CONS]
- High sodium potential if salt is not measured carefully.
- Spicy profile may not be suitable for all palates.
- Can be higher in calories and fat depending on oil and cashew/peanut quantities.
[DIETITIAN REVIEW]
This Spicy Tomato Rice offers a good blend of flavors and essential nutrients. Tomatoes provide beneficial antioxidants, while the lentils add fiber and plant-based protein. While it's a good source of energy, careful attention to salt and oil quantities is recommended for a balanced meal. Score: 7.5/10

Ingredients

Ingredient	Quantity
• rice - cooked	2-1/2 cups
• tomatoes	3
• BC Belle Bhat powder	3 teaspoons
• salt	as per taste
• chickpea lentils	1 teaspoon
• cumin seeds	1/2 teaspoon
• white urad dal	1 teaspoon
• mustard	1/2 Teaspoon

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- green chilli 1

• dry red chilli	1

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• cashew - or peanuts	2 teaspoons

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• oil	1-1/2 tablespoons

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• asafoetida	1/2 teaspoon

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Preparation

• 1.
• Puree the three tomatoes into a smooth paste.
• Chop the green chilli finely.
• 2.
• Heat 1-1/2 tablespoons of oil in a pan over medium heat.
• Add mustard, cumin seeds, chickpea lentils, white urad dal, dry red chilli, green chilli, and asafoetida.
• Sauté until the dals turn light golden and the spices are fragrant.
• 3.
• Add the cashew or peanuts to the pan and fry until lightly browned.
• 4.
• Pour in the tomato puree and cook, stirring occasionally, until the mixture thickens and the oil begins to separate from the sides (approximately 5-7 minutes).
• 5.
• Stir in the BC Belle Bhat powder and salt to taste.
• Cook for another 2 minutes, ensuring the spices are well combined with the tomato mixture.
• 6.
• Add the cooked rice to the pan and mix gently until the rice is uniformly coated with the spicy tomato masala.
• 7.
• Serve the Spicy Tomato Rice hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	12	4	6