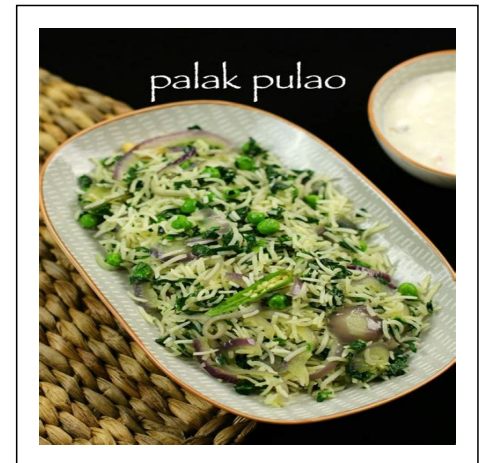


Recipe Name: Palak Pulao Recipe - Palak Pulao Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 2 cups basmati rice - 4 cups	4
• 200 gms fresh spinach - 2 cups	
• 1 cup green peas - 1 cup	
• 1 cup carrots - 1 cup	
• 1 cup onions - 1 cup	
• 1/2 cup tomatoes - 1/2 cup	
• 1 cup green chutney - 1 cup	
• 1 cup ghee - 1 cup	
• 2 cups salt - 2 cups	
• 1 cup - 1 cup	

Preparation

- Wash the rice and soak it in water for 30 minutes.
- Wash the spinach, green peas, carrots, onions, tomatoes, green chutney, ghee, salt, and water.
- Heat the ghee in a large pot, add the onions, carrots, tomatoes, green chutney, and salt. Cook for 2-3 minutes.
- Add the rice and water. Cook for 15-20 minutes.
- Add the spinach, green peas, and ghee. Cook for 5-10 minutes.

Macronutrients

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