

Recipe Name: Matar Ki Tehri Recipe - Fragrant rice cooked with spices and fresh peas

Diet Type:

Course: One Pot Dish

Cuisine: Awadhi

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Basmati rice	4
• 4-5 Cloves (Laung)	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 tablespoon Whole Black Peppercorns	
• 2 Black cardamom (Badi Elaichi)	
• 1 Dry Red Chilli	
• 3 tablespoons Ghee	
• 1/4 cup Onions - sliced	
• 1/4 cup Tomatoes - sliced	
• 1/4 inch Ginger - finely grated	
• 1 cup Green peas (Matar)	
• 1/4 cup Coriander (Dhania) Leaves - finely chopped	
• 1 Bay leaf (tej patta)	
• Salt - to taste	

Preparation

- To begin making Matar Ki Tehri, wash and soak the rice in enough water for 1 hour before cooking.
- Once it is soaked, drain the water and keep it aside.
- Soak the peas in a cup of water, so that it cooks faster and retain some of that 'plump' look.
- After 2 minutes, add coriander leaves, bay leaf and the rice.
- Add salt according to your taste and mix it well.
- Add water and cook on high flame till the pressure cooker releases 1 whistle.
- Then simmer it down on low flame and let it cook for more 3-4 minutes.



- Once it is done, turn off the stove and let the cooker release steam and open on its own so that the Tehari is nicely cooked.
- Serve it hot, either on its own as a one pot meal or else with Lauki Raita, Beetroot Raita or any raita of your choice.

Macronutrients

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