DietCloud – Recipe

Recipe Name: Broad Bean And Courgette Zucchini Pilaf Recipe

Diet Type:

Course: Main Course

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Basmati rice	3
• 1 Green zucchini - sliced or diced	
• 1 Green Chilli - slit	
• 2 cloves Garlic	
• 1/4 cup Green peas (Matar) - steamed	
• 1/2 cup White broad beans - steamed	
• 50 grams Mint Leaves (Pudina)	
• Salt - to taste	
• Extra Virgin Olive Oil - for cooking	

Preparation

• To begin, we will first cook the rice.

• Bring the rice to a brisk boil.

• Once the rice comes to a brisk boil, turn the heat to low, cover the pan and cook the rice until all the water is absorbed.

• This will take about 15 to 20 minutes.

• Once all the water is absorbed, turn off the heat and allow the rice to rest for another 15 minutes.

• After 15 minute of resting, use a fork and fluff the rice up.

• Keep the rice aside.

• Next step, steam the green peas and broad beans along with a little salt until soft.

• Keep this aside.

• Next, we will roast the zucchini along with the garlic.

• Heat a teaspoon of oil in a wok; add the zucchini and the whole garlic, sprinkle some salt and stir fry

on high heat until the zucchini has slightly softened.
• Once the zucchini is cooked, turn off the heat.

• Into a large mixing bowl, add layers of the rice, broad beans, peas, zucchini and the mint.
• When you add them in layers, it becomes easy to combine them well.
• Drizzle a teaspoon or more of olive oil and stir gently to combine.
• Check the salt levels and adjust to suit your taste.

Macronutrients

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