DietCloud – Recipe

Recipe Name: Kongunadu Style Vetrilai Saadam Recipe - Betel Leaves Rice

Diet Type:

Course: Lunch

Cuisine: Kongunadu

Quantity:



Ingredients

Ingredient	Quantity
• 5 Betel leaves (paan)	4
• 2 cups Cooked rice	
• 10 cloves Garlic - crushed	
• 2 teaspoons Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon Chana dal (Bengal Gram Dal)	
• 1/2 teaspoon White Urad Dal (Split)	
• 1 sprig Curry leaves	
• 1/4 cup Roasted Peanuts (Moongphali)	
• 10 Cashew nuts	
• 4 Fresh Red chillies - chopped	
• Salt - as required	
• 1 tablespoon Cumin seeds (Jeera)	
• 1 tablespoon Fennel seeds (Saunf)	
• 1 teaspoon Whole Black Peppercorns	
• 2 tablespoons Sesame seeds (Til seeds)	
• 1 sprig Curry leaves	

Preparation

- You can also use leftover rice for preparing this.
- Next, we will prepare the masala for the rice.
- Dry roast Cumin seeds, Fennel seeds, Pepper seeds and Sesame seeds until golden.
- Add the curry leaves and roast for another minute.
- Allow it to cool completely and grind into a coarse powder.

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- Once the dals turn golden brown add curry leaves, chopped red chillies, peanuts and cashews.
- Saute until the cashews and peanuts turn golden color.
- Add crushed garlic and saute until raw smell goes away.
- Tear the betel leaves roughly and add it to the pan and saute until the leaves shrink.

- Turn off the heat and add cooked rice along with required salt.

Macronutrients

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