



Ingredients

1 cup basmati rice, washed
1 medium sized onion, sliced
1 & 1/2 cup mixed vegetables
1 large tomato, grated
1/2 tsp ginger paste
1/2 tsp garlic paste
1 medium sized onion, sliced
1 (1" piece) cinnamon stick
2 green cardamoms
2 cloves
3-4 tbsp chopped coriander leaves
2-3 tbsp chopped mint leaves
Salt to taste
Spice powder
1/2 tsp chilli powder
1/4 tsp turmeric powder
1 tsp garam masala

For Seasoning

1 onion, sliced
1-2 tsp ghee

Nutrients

Approx. calories per serving: 130 kcal

Procedure

Preheat a 16 cm Regular unit on medium heat until the Thermo Indicator reaches the green mark. Reduce the heat and add ghee along with the sliced onions for seasoning. Fry on low heat till they turn golden brown in colour and keep aside. For the pulao preheat a 20 cm Tall unit on medium heat.

Just before the Thermo Indicator reaches the 20 degree mark, add the sliced onions and whole spices and fry until light brown. Add the ginger and garlic paste and fry for a minute. Stir in the grated tomatoes along with the powdered spices. Fry for a few minutes and add the vegetables dripping wet.

Cook on low heat until the Thermo Indicator reaches the 80 degree mark. Open the lid and add the washed rice and fry on a medium heat to dry up the extra moisture. Add coriander and mint leaves along with 2 cups of water and salt to taste. Cook on low heat for 15-18 minutes until rice is done. Stir in the fried onions.

Keep it covered for 3-4 minutes. Serve hot with a raita or gravy of your choice.