



Nugget Pulao (OP I)

Serving: 1

Veg

Ingredients

- Serves 1
- $\frac{1}{4}$ cup brown rice, soaked in water for 1 hour
- 2 tbsp soya granules, soak for hot water 15-20 minutes
- 2 tbsp finely chopped French beans
- 2 tbsp finely chopped carrots
- 6-7 nos florets of cauliflower
- 2 tbsp tomato puree
- $\frac{1}{2}$ tsp oil
- 2 whole black peppercorns (sabut kali mirch)
- 1 no. onion, finely chopped
- $\frac{1}{2}$ stick cinnamon (dalchini)
- 1 no. bayleaf (tejpatta)
- 1 no. clove (laung)
- $\frac{1}{2}$ tsp ginger paste
- $\frac{1}{2}$ tsp garlic paste
- Salt to taste
- $\frac{1}{2}$ tsp garam masala powder

Preparation Method

1. Soak the soya granules in hot water for 15-20 minutes. Strain and squeeze well through a strainer.
2. Heat oil in a heavy bottom pan on medium flame and add whole peppercorns, cinnamon, bay leaf and cloves and saute on medium flame for 2 minutes.
3. Add onions and fry till the onions turn slightly brown in colour, while stirring continuously.
4. Add the ginger-garlic paste and cook for 2 minutes. Add the drained soya granules, tomato puree, salt and garam masala and mix well, cook for 2 - 3 minutes.
5. Add the remaining vegetables and rice and mix well. Add 1 cup of water and cover and cook the rice for 10-15 minutes till the rice are completely cooked and all the water gets absorbed.
6. Serve hot topped with finely chopped coriander leaves.