



Tamatar methi rice (OP I)

Serving: 1

Veg

Ingredients

- 1/2 cup chopped tomatoes
- 1/4 cup chopped fenugreek (methi) leaves
- 1 tsp oil
- 1 tsp jeera
- 1 tsp finely chopped green chillies
- 2 tbsp onion chopped
- pinch black pepper powder
- 1 tsp ginger -garlic (lehsun) paste
- 1 tsp coriander-cumin seeds (dhania-jeera) powder
- 1/2 tsp turmeric powder (haldi)
- 1/2 tsp chilli powder
- 150 ml cup cooked brown rice / white rice ,
- salt to taste

Preparation Method

- Heat the oil in a deep non-stick pan and add the jeera and ginger garlic paste and sauté on a medium flame for 30 seconds.
- Add the onion and sauté on a medium flame for another minute.
- Add the tomatoes and cook on a medium flame for 2 minutes or till the tomatoes are cooked while stirring continuously.
- Sprinkle a little water to avoid the onions from burning. Add the coriander-cumin seeds powder, turmeric powder, chilli powder and 2 tbsp water, mix well and cook on a medium flame for few seconds.
- Add the fenugreek leaves, mix well and cook on a slow flame for 3 to 4 more minutes or till the fenugreek leaves are cooked.
- Add the rice and salt and pepper , mix gently and cook on a slow flame for another 3 to 4 minutes.
- Serve hot with curds or raita of your choice.