



Soya pulao (OP I)

Serving: 1

Veg

Ingredients

- 3 tbsp brown rice
- 50 grams soaked and chopped soya chunks
- 1 tsp cumin seeds (jeera)
- 1" stick cinnamon (dalchini)
- 2 cloves (laung / lavang)
- 1 bay leaf (tejpatta)
- 1 cardamom (elaichi)
- 2 tbsp chopped onions
- 1/2 tsp turmeric powder (haldi)
- 1/2 tsp garam masala
- 1 tsp coriander-cumin seeds (dhania-jeera) powder
- 2 tbsp chopped tomatoes
- 2 tsp oil
- salt to taste
- **To Be Ground Into A Chilli-garlic Paste:**
 - 3 garlic (lehsun) cloves
 - 1 whole dry red chilli.

Preparation Method

- Clean, wash and soak the rice for approx. 15 minutes. Drain and keep aside.
- Combine the soya nuggets and salt with 1 cup of hot water and soak for 20 minutes. Drain, squeeze out the water, and keep aside.
- Heat the oil in a pressure cooker and add the cumin seeds, cinnamon, cloves, bay leaf and cardamom.
- When the cumin seeds crackle, add the onions and prepared chilli-garlic paste and sauté till the onions turn golden brown.
- Add the turmeric powder, garam masala, coriander-cumin seed powder, tomatoes, rice, soya nuggets, green peas and salt, and sauté for another 2 minutes.
- Add 1 cups of hot water and pressure cook for 2 whistles.
- Allow the steam to escape before opening the cooker. Separate each grain of rice lightly with a fork. Serve .