



Coriander Leaves Rice (OP I)

Serving: 1

Veg

Ingredients

- Brown rice $\frac{1}{4}$ cup
- Coriander $\frac{1}{2}$ cup
- Green chilies 2-3
- Salt as per taste
- Oil $\frac{1}{2}$ tsp
- Mustard seeds $\frac{1}{2}$ tsp
- Channa daal 1 tbsp
- Curry leaves - 4
- salt - to taste
- water - 2 cups

Preparation Method

1. Wash and soak the rice , chana dal in about 2 cups of water for at least 15 minutes.
2. Wash the coriander leaves and chop it roughly.
3. Add salt, oil, green chilies to it and grind it to make a fine paste. Strain the ground coriander paste in a tea strainer. Just keep it for few minutes.
4. The excess water will drain off. Don't squeeze.
5. Cook rice seperatly add 1cup of water and bring it to boil, lower the heat and cover the vessel adjust the quantity of water to make sure that the rice is well cooked
6. Gently transfer the paste to the cooked rice and mix it well evenly.
7. In a kadai add oil and temper mustard seeds, urad dhal, chana dal. When it is done add the coriander, rice and mix gently.
8. Add Fresh curry leaves. Serve with raita OR Curds.