



## Brown Rice Pulav ( OP I )

Serving: 1

Veg

### *Ingredients*

- Brown rice(soaked)- 3 tbsp
- Carrots cut into  $\frac{1}{2}$  inch pieces-1 small
- French beans and cut into  $\frac{1}{2}$  inch pieces- 5-6 pc)
- Cauliflower separated into small florets- 5-7 small
- Fresh button mushrooms half (optional) -2-3
- Oil -  $\frac{1}{2}$  teaspoon(2g)
- Green peas- 1 tbsp
- Paneer/ chana - 1 tbsp
- Bay leaf-  $\frac{1}{2}$
- Cloves- 1-2
- Cumin seeds- 1 teaspoon
- Cinnamon-  $\frac{1}{2}$  inch stick
- Salt- To taste
- Green chillies slit- 1
- Fresh coriander leaves finely chopped-  $\frac{1}{2}$  tablespoon

### *Preparation Method*

1. Soak brown rice in 4-5 cups of water for 2 hours. Drain and keep aside.
2. Heat deep non-stick pan, add bay leaves, cloves, cumin seeds, cinnamon and roast for a few seconds or till a nice aroma is given out.
3. Add drained rice, salt and roast for 1-2 minutes. Add 4 cups of water. Bring it to a boil. Add carrots, French beans, cauliflower, mushrooms and green chillies.
4. Stir and bring to a boil. Reduce heat, cover and cook till almost done. Add green peas, paneer/chana and mix gently. Cover and cook till done. Serve hot, garnished with fresh coriander leaves.