



Broccoli And Edamame Rice (OP W)

Serving: 1

Veg

Ingredients

- Brown rice, raw - 3 tbsp
- Bell pepper - 2 tbsp
- Raisins- 4-5
- Shelled edamame, cooked- $\frac{1}{4}$ cup
- Peas- few (10-12)
- Broccoli steamed - $\frac{1}{4}$ cup
- Salt- to taste
- Fresh lemon juice- 1 tsp
- Tahini(sesame seed paste)- 1 tbsp (Optional)
- Black Pepper- pinch
- Oil - 1 tsp
- water 2 cups

Preparation Method

- 1. Wash and soak brown rice in water . Drain it and keep it aside.
- 2. Heat oil in sauce pan. Add Tahini , Bell pepper , Cooked edamame , Broccoli , lime juice and salt to taste stir fry for 2 minutes .
- 3. Add rice and 1 cup of water to it and cover with lid and cook the rice mixture on low flame and bring it to boil. Lower the flame and cook the rice for 10 - 12 minutes .
- 4. Add crushed pepper and mix the rice coarsely
- 5. Serve .