Name of the recipe: Palak rice

Cuisine: Indian Cuisine

Category: Lunch

Ingredients: 1. Palak-50 g

2. Basmati rice-1 cup

3. Coconut milk-2 cups

4. Ghee-2tsp

5. Onion-1

6. Cinnamon-1

7. Green chilli-1

8. Salt-1tsp

Cooking procedure:

Take a pressure cooker. Add 2tsp of ghee and cinnamon to it. And then add green chilli and onion and fry it till it turns golden brown. Then grind the palak and add the paste to the cooker and cook it for five minutes. Now add the rice and the 2 cups of coconut milk and 1tsp of salt to it and pressure cook it. Take it after 3 whistles and garnish it with cashews.

Pre-preparation time: 10 minutes

Preparation time: 40 minutes

Cooking method: Sauteing and pressure cooking

Nutritional benefits:

1. Palak contains protein.
2. It also contains minerals like calcium, iron and magnesium.
3. It contains carotenoids and folic acid.
4. It contains vitamins B6, B9, C, E and K.

Medicinal benefits:

1. It keeps the blood pressure and diabetes balanced.
2. It helps in curing cancer and asthma.
3. It improves bone health.
4. It helps in weight loss.