

Red Pulao

Nutritive value per serving

Energy (Kcal)	239.67
Protein (g)	4.95
Fat (g)	7.89
Minerals (g)	1.06
Fibre (g)	1.88
Calcium (mg)	49.35
Iron (mg)	1.84
Carotene (µg)	367.17

Method

1. Wash rice and soak for an hour. Drain the water just before cooking.
2. Soak soy chunks in warm water for about 15 minutes and squeeze out excess water.
3. Chop vegetables.
4. Grind beetroot to a fine paste.
5. Heat oil (1 tbsp) in a thick pan, add bay leaves, cumin seeds, cinnamon, cloves and cardamom, allowing enough time for individual ingredients to turn brown.
6. Add vegetables and fry till light golden.
7. Add drained rice and fry for 2-3 minutes.
8. Add beetroot paste, soychunks, salt, sugar and water (double the amount of rice) and bring to boil.
9. Lower heat to medium low, stir the pulao and cover the pan with a lid. It will take 10-15 minutes for the rice to get cooked.
10. Serve hot with seasoned curd and pickle

Ingredients	Weight	Measure/No.
Beetroot	100 g	1 big size
Rice	60 g	¼ cup
Carrot	30 g	1 small size
Onion	50 g	1 medium size
Capsicum	30 g	1 small size
Cauliflower	25 g	¼ cup
Peas	25 g	¼ cup
Oil	15 ml	1 tbsp
Soy chunks	10 g	10 piece
Green chillies	2 g	1 piece
Cumin seed	0.50 g	¼ tsp
Cinnamon	0.50 g	1 small piece
Cloves	0.25 g	2 piece
Cardamom	0.50 g	1 piece
Sugar	0.25 g	½ tsp
Bay leaves	1 piece	1 piece
Salt	to taste	to taste
Water	120 g	½ cup (approx.)
Cooked preparation	400 g	2 bowl

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