



Soya Chunks Vegetable Pulao

Delicious Rice Combined with Coconut milk and soya!

Estimated Times:

Preparation Time : 55 mins

Cooking Time : 45 mins

Standing Time : 45 mins

Servings : 2 persons

Main Ingredient : coconut



Ingredients

- | | | |
|------|-------|---|
| 2 | cup | Basmati Rice(wash & soak for 15 mins) |
| 2 | piece | Bay Leaves |
| 3-4 | slice | Bread slices(cubed & fried Lightly)(Optional) |
| 8-10 | piece | Cashewnuts(Fried) |
| 1 | cup | Chopped mixed Vegetables(Beans,carrot,peas& Potatoes) |
| 2 | piece | Cinnamon stick |
| 2 | piece | Cloves |
| 2 | cup | Coconut Milk(fresh) |
| 1 | tbsp | Coriander Seeds |
| 1/2 | tsp | Cumin seeds |
| 1 | tsp | Cumin Seeds |
| 2 | piece | Dry red chille |
| 1/4 | tsp | Fennel Seeds(Optional) |
| 0 | | For Masala Powder-dry roast & make a fine powder |
| 0 | | Fresh Coriander leaves(garnish) |
| 3-4 | tbsp | Fresh Mint leaves/Pudina |
| 3 | tbsp | Ghee/Clarified Butter |
| 1 | tbsp | Grated Ginger |
| 2 | piece | Green Cardamoms |

Directions

1)Heat ghee in a heavy bottomed vessel. Add jeera and bay leaves and stir for a few seconds till the jeera splutters. Add the sliced onions, grated ginger and green chillis. Saute the onions till they turn pink. 2) Add the mixed vegetables and on medium heat, let them cook. Add salt and keep covered for 4-5 mts. 3)Add turmeric pwd, masala pwd and combine well. Stir fry for a minute. 4)Add the cooked soya chunks and keep covered for 2 mts. Add the mint leaves and combine. 5)Add the coconut milk, let it come to a boil, reduce heat and add the water. Bring to a boil again. 6) Add the drained basmati rice and mix well. Add salt, if required, at this stage. Reduce heat to medium and let it cook covered with lid. 7) Finally, once the rice and vegetables are cooked, add the lemon juice, fried bread cubes, fried cashewnuts and garnish with fresh coriander leaves. Serve it with Raita or mix veg curry!! serve it with Peas gravy!



3-4 piece Green chillies(adjust to your spice level)
2-3 tbsp Lemon juice
2 big Onions(sliced)
3-4 piece Pepper
to taste Salt
1 cup Soya chunks(Washed & boiled till soft)
1/2 tsp Turmeric Powder
1 cup Water
1/2

Recipe Tips

Serving Ideas

Spice Level can be increased.If you dont have a coconut Serve When it is hot & with any gravy!
on hand, replace the coconut milk with water, but the flavor
of pulao will differ.

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