**Curd Rice**

Prep time: 5 min Cook time: 10 min

**Ingredients:**

* 2.5 cups cooked rice (hand pounded)
* 1 cup curd (yogurt)
* ½ teaspoon low sodium salt (adjust to taste)
* ⅓ cup toned milk
* 1 green chili, chopped
* ½ inch ginger, grated
* 1 tablespoon coriander leaves, chopped
* 1 tablespoon oil (sunflower, rice bran, or extra light olive oil)
* ½ teaspoon chana dal
* ½ teaspoon urad dal
* ½ teaspoon mustard seeds
* ½ teaspoon jeera seeds (cumin seeds)
* 1 tablespoon raisins
* A few curry leaves
* 1 dried red chili
* A pinch of hing (asafoetida)
* 2 tablespoons pomegranate seeds

**Instructions:**

**Prepare the Rice:**

1. In a mixing bowl, take the cooked rice and mash it slightly. This will help it combine better with the other ingredients.

**Mix with Curd:**

1. Add the curd, salt, and mix well.
2. Then add the toned milk, grated ginger, and chopped coriander leaves.
3. Mix until well combined.

**Prepare the Tempering:**

1. Heat the oil in a tadka pan (small frying pan).
2. Once hot, add the chana dal, urad dal, mustard seeds, jeera seeds, raisins, curry leaves, dried red chili, and hing.
3. Sauté until the dals turn golden and the mustard seeds splutter.

**Combine & Serve:**

1. Pour the tempering over the curd rice mixture and mix well.
2. Add the pomegranate seeds and gently fold them in.
3. Serve the curd rice at room temperature, accompanied by roasted papad or enjoy it as is.