**Masale Bhat**

Prep time: 15 min Cook time: 20 min

**Ingredients:**

* ½ cup hand pounded rice
* 1 cup chopped mixed vegetables (brinjal, carrot, beans)
* 1 tsp goda masala
* ½ tsp turmeric
* 1 tsp ghee or cold-pressed oil
* 1 tsp mustard seeds
* Curry leaves, hing, salt, coriander

**Instructions:**

1. Rinse and soak rice for 15 minutes.
2. Heat oil in a pan. Add mustard seeds. Once they splutter, add vegetables. Sauté for 2 minutes.
3. Add turmeric, goda masala, salt, and drained rice. Mix gently.
4. Add 2 cups water. Cover and cook on low until rice is tender and water absorbed (~15 minutes).
5. Let rest for 5 minutes before fluffing. Garnish with coriander.
6. Pair with cucumber raita or plain curd.