**Peas Pulao**

Prep time: 10 min Cook time: 25 min

**Ingredients:**

* 1 tbsp oil (Sunflower, Rice Bran, or Extra Light Olive Oil)
* 1 tsp jeera (cumin seeds)
* 5 cloves
* 1 tej patta (bay leaf)
* ½ inch cinnamon stick (dalchini)
* 10 black peppercorns
* 3 green cardamoms (elaichi)
* 1 onion, thinly sliced
* 1 small green chili, slit
* 1 tsp ginger-garlic paste
* 1 cup green peas (fresh or frozen)
* 1 cup basmati rice, soaked for 30 minutes
* 1.5 cups water
* Low sodium salt, to taste

**Instructions:**

1. Heat oil in a pressure cooker on medium flame.
2. Add whole spices – jeera, cloves, bay leaf, cinnamon, black pepper, and cardamoms. Sauté until aromatic.
3. Add sliced onions and sauté until translucent.
4. Stir in ginger-garlic paste and green chili. Sauté for a few seconds until the raw smell disappears.
5. Add green peas and sauté well for a minute.
6. Mix in the soaked basmati rice and gently sauté for another minute.
7. Pour in water and add salt to taste. Mix well.
8. Pressure cook for 3 whistles on medium heat.
9. Once pressure releases naturally, gently fluff the rice with a fork.
10. Serve hot with raita or yogurt.