**Tehri (Veggie Pulao, UP-style)**

Prep time: 15 min Cook time: 20 min

**Ingredients:**

* 1 cup hand-pounded rice, rinsed
* 1½ cups mixed vegetables (potato, carrot, beans, cauliflower)
* 1 small tomato, chopped
* 1 green chili, slit
* 1 tsp turmeric
* ½ tsp cumin seeds
* 1 tsp ghee
* Salt to taste
* Fresh coriander

**Instructions:**

1. Soak rice for 15 minutes. Drain.
2. In a thick pan, heat ghee. Add cumin and green chili.
3. Add chopped tomato and sauté for 2 minutes.
4. Add vegetables, turmeric, and salt. Sauté for 3–4 minutes.
5. Add rice and mix gently. Pour 2 cups water.
6. Cover and cook on low heat until rice is done and water is absorbed (~15–18 minutes).
7. Rest for 5 minutes before fluffing. Garnish with coriander.
8. Serve hot with cucumber raita or plain curd.