Dinner, Indian

Aromatic Brown Rice Pulao with Soy Chunks

Fluffy brown rice simmered with soy chunks, matar (green peas) and warming whole spices makes a hearty one pot pulao. A fresh chilli and garlic paste gives every spoonful a gentle kick.



Vegetarian

30 min	169	30.8 g	3.1 g
time	calories	carbs	sugars

Ingredients, 5 servings

- [ ] 1 cup brown rice
- [ ] 1/4 cup soy chunks (nuggets)
- [ ] 1/4 cup matar (green peas)
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 1 stick of dalchini (cinnamon)
- [ ] 2 clove (laung / lavang)
- [ ] 1 bay leaf (tejpatta)
- [ ] 1 elaichi (green cardamom)
- [ ] 1/2 cup chopped onion
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1/4 tsp garam masala
- [ ] 1 tsp dhaniya powder (coriander powder)
- [ ] 1/2 cup chopped tomato
- [ ] 1 tsp oil
- [ ] salt (namak) to taste
- [ ] 3 garlic (lehsun) cloves
- [ ] 3 fresh red chilli

Nutrition Facts

Per serving

Calories	**169**
Total fat	2.7 g
Saturated fat	Not listed
Sodium	5 mg
Total carbs	30.8 g
Fiber	3 g
Total sugars	3.1 g
Protein	5.1 g

Method

- [ ] **1** Rinse the brown rice, soak it for 10 minutes, then drain and set aside.
- [ ] **2** Pressure cook the soy chunks with salt and 1 cup of water for 2 whistles, then drain and set aside.
- [ ] **3** Grind the garlic cloves and fresh red chilli into a smooth paste.
- [ ] **4** Heat the oil in a pressure cooker and add the cumin seeds, dalchini (cinnamon), cloves, bay leaf and elaichi (green cardamom).
- [ ] **5** Once the cumin seeds crackle, add the chopped onion and the chilli garlic paste, then saute until the onion turns golden brown.
- [ ] **6** Stir in the turmeric powder, garam masala, coriander powder, chopped tomato, drained brown rice, matar (green peas), cooked soy chunks and salt, then saute for 2 minutes.
- [ ] **7** Pour in 1 1/2 cups of hot water and pressure cook for 2 whistles.
- [ ] **8** Serve the pulao hot.

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