Dinner, Indian

Kodri (Varagu) Pulao with Mixed Vegetables

Chopped celery and spring onions whites hit the kadhai first alongside french beans, carrots, coloured capsicum, shredded cabbage and bean sprouts, all tossed over a high flame. Cooked kodri then joins the pan with soy sauce, white vinegar, spring onion greens and salt, and the finished pulao is served hot with red chilli sauce.



Dairy free

25 min	338	66.4 g	3.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tsp oil
- [ ] 1 tbsp chopped celery (ajmoda)
- [ ] 1/2 cup chopped spring onions whites
- [ ] 1/2 cup thinly diagonally cut french beans
- [ ] 1/4 cup thinly sliced carrots
- [ ] 1/2 cup thinly sliced coloured capsicum
- [ ] 1/2 cup shredded cabbage
- [ ] 1/2 cup bean sprouts
- [ ] 2 1/2 cups cooked kodri (varagu)
- [ ] 1 tsp soy sauce
- [ ] 1 tsp white vinegar
- [ ] 1 cup chopped spring onion greens
- [ ] salt (namak) to taste
- [ ] None
- [ ] red chilli sauce

Nutrition Facts

Per serving

Calories	**338**
Total fat	3.9 g
Saturated fat	Not listed
Sodium	100 mg
Total carbs	66.4 g
Fiber	10.8 g
Total sugars	3.8 g
Protein	9.2 g

Method

- [ ] 1 Begin by warming the oil in a non stick kadhai. Drop in the chopped celery, spring onions whites, french beans, carrots, coloured capsicum, shredded cabbage and bean sprouts, tossing everything together as it goes.
- [ ] 2 Keep the pan on a high flame and saute the vegetables for 3 to 4 minutes, giving them a continuous stir while they cook.
- [ ] 3 Slide the cooked kodri into the kadhai next, then pour in the soy sauce and white vinegar.
- [ ] 4 Scatter the spring onion greens over the top, season with salt to taste and give the mixture a gentle toss. Let it saute on a high flame for another minute, stirring gently just once during that time.
- [ ] 5 Spoon the pulao onto serving plates while hot and offer red chilli sauce on the side; apart from this, none of the table extras are needed.

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