Dinner, Indian

Tomato Methi Pulao with Brown Rice

Tangy tomatoes and fragrant fenugreek leaves are stirred through fluffy brown rice with warming whole spices for a comforting pulao.

20 min	207	37.7 g	1.8 g
time	calories	carbs	sugars



Vegetarian | Gluten free

Ingredients, 4 servings

- [ ] 1/2 cup chopped tomato
- [ ] 3 cups chopped fenugreek leaves (methi)
- [ ] 2 tsp oil
- [ ] 1 bay leaf (tejpatta)
- [ ] 2 clove (laung / lavang)
- [ ] 25 mm dalchini (cinnamon) stick
- [ ] 2 elaichi (green cardamom)
- [ ] 2 tsp finely chopped green chillies
- [ ] 1/4 cup onion paste
- [ ] 2 tsp garlic (lehsun) paste
- [ ] 1 tbsp coriander-cumin seeds (dhania-jeera) powder
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] 2 tsp red chilli powder
- [ ] 3 cups soaked and cooked brown rice , refer handy tip
- [ ] salt (namak) to taste

Nutrition Facts

Per serving

Calories	**207**
Total fat	4 g
Saturated fat	Not listed
Sodium	21 mg
Total carbs	37.7 g
Fiber	4.1 g
Total sugars	1.8 g
Protein	4.8 g

Method

- [ ] **1** Warm 2 tsp of oil in a deep pan with a non stick surface, then slide in the bay leaf, the cloves, the 25 mm dalchini (cinnamon) stick and the 2 elaichi (green cardamom) and let the whole spices crackle over a medium flame for 30 seconds.
- [ ] **2** Once the whole spices are fragrant, the 2 tsp finely chopped green chillies and the 1/4 cup onion paste go in; toss everything over a medium flame for roughly another minute so the paste takes on a brown shade, wetting the pan with a splash of water whenever the onions seem close to catching.
- [ ] **3** Follow with the 2 tsp garlic (lehsun) paste, giving it no more than a few seconds over that same medium flame.
- [ ] **4** The 1/2 cup chopped tomato comes next; keep the spoon moving non stop on a medium flame until the tomato is fully cooked.
- [ ] **5** Scatter in the 1 tbsp coriander-cumin seeds (dhania-jeera) powder together with the 1/2 tsp haldi powder (turmeric powder) and the 2 tsp red chilli powder, splash in 2 tbsp of water, stir until evenly blended and leave it to cook for a few seconds.
- [ ] **6** Tip the 3 cups chopped fenugreek leaves (methi) in, combine thoroughly and give them 3 to 4 further minutes on a slow flame, just long enough for the leaves to cook through.
- [ ] **7** Lastly introduce the 3 cups soaked and cooked brown rice with salt (namak) to taste, turning everything with a light hand before letting it sit on a slow flame for 3 to 4 minutes more.
- [ ] **8** Plate the pulao straight away while hot and offer curds or whichever raita you like alongside.

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- [ ] **9** Rice tip: to end up with 3 cups of cooked brown rice, bring a deep pan of ample water to the boil, season it with salt, slide in 1 tsp of oil plus 1 cup of brown rice that has been soaked and drained, then cook until the grains are 85% done. Drain them thoroughly and keep ready for use.