

Green Moong Veggie Pulao

Recipe Makes: 3 Servings

Nutritional Value (per servings)

Calories: 351 kcal **Protein:** 8.5 g **Carbohydrate:** 67.7 g **Fat:** 5.1 g

Ingredients

- 1 cup Rice
- 1 tablespoon Ghee
- ½ teaspoon Cumin Seeds (Jeera)
- 1 Onion, roughly chopped
- 2 cloves Garlic,
- 1 inch Ginger, finely chopped
- 2 Green Chillies, Slit
- 2 Cardamom (Elaichi) Pods
- 1 inch Cinnamon Stick (Dalchini)
- 2 Tomatoes, finely chopped
- ½ cup Green Beans, finely chopped
- 2 Carrots, finely chopped
- ½ teaspoon Turmeric Powder (Haldi)
- Salt, to taste
- 2 ½ cups Water

Instructions

1. To begin, soak the green moong dal for 5-6 hours or overnight. Wash and soak the rice in 2 cups of water for about an hour. Drain the water and keep it aside.
2. Heat ghee in a pressure cooker on medium heat; add the cumin seeds and allow them to crackle. Add in cinnamon and cardamom pods, allow them to release their aroma.
3. Stir in the ginger, garlic, green chillies and onion and sauté on medium heat until the onion turns translucent and soft, Add chopped tomatoes and turmeric powder.



4. Sauté the mixture until tomatoes are cooked. Stir in the rice, soaked green moong, vegetables and salt along with 2-1/2 cups of water.
5. Cover the pressure cooker and cook for 3 to 4 whistles and turn off the heat. Allow the pressure to release naturally.
6. Once the pressure releases, open the pressure cooker, garnish with chopped coriander leaves and transfer the Green Moong Veggie Pulao to a serving bowl and serve with raita of your choice.