

green pulao

preparation time: 35 minutes
cooking time: 50 minutes
chilli rating: medium

difficulty level: easy
serves: 4 as part of an
indian meal



ingredients

2 bunches coriander, stems removed (if too thick)
2 bunches mint leaves
¼ cup vegetable oil
1 cassia bark (cinnamon stick)
2 tsp green + black cardamom pods
1 tsp cloves
2 bay leaves
1 tsp ground nutmeg
1 mace blade
1 tsp black peppercorns
2 tsp fennel seeds
2 medium-sized onions, chopped
2 tbs garlic, crushed
2 tbs ginger, crushed
2 tbs fresh green chillies, crushed
2 sprigs kari leaves
150 g diced potatoes, boiled + drained
150 g cauliflower florets
150 g green beans
150 g snow peas
150 g diced carrots
150 g broccoli florets
1 lemon or lime
3 cups (750 g) polished rice (sona masoori), soaked in water

method

Grind coriander and mint together, cover and set aside.

In a saucepan, heat oil until it smokes. Crackle all spices, as in blog, add onions and fold, then add 1½ tablespoons salt.

When onions are caramelised, add garlic and fold, then add ginger and fold, and cook until caramelised. Add chillies and kari leaves, and fold.

Add cooked, drained potatoes and fold. Finally, add all remaining vegetables as in the blog. Add coriander and mint mixture and fold well.

Then add about 9 cups water, or vegetable stock, and bring to the boil.

Season to taste, add lemon juice, strain rice and add to vegetable mixture. Cook rice until it has absorbed all the moisture, as in the blog. Cover with a moist tea towel and proceed as in the blog.

Serve with accompaniments as per the blog. If you wish to have a vegan accompaniment, simply omit the buttermilk from the recipe.

Ajoy's tips To see the step by step photographic blog for this recipe and its accompaniments, click [here](#).

This recipe remains the copyright of ajoy joshi & nilgiri's. For more recipes visit our [recipe page](#)