

VEGETABLE PULAO

INGREDIENTS:

1 Tablespoon cooking oil
1.5 whole cloves
1/2 bay leaf
1/2 cinnamon stick
1 black cardamom pod
1/4 teaspoon cumin seeds
1/4 onion, sliced thin
1/4 teaspoon finely chopped ginger
1/4 teaspoon finely chopped garlic
1 carrot, peeled and cut into long strips
1/2 potato, peeled and cubed
1.5 ounces (weight) fresh green beans, cut into long strips
1/4 cup frozen green peas
1 cup basmati rice, rinsed
salt to taste
1+2/3 cups water

METHOD:

1. Heat the oil in a large skillet; fry the cloves, bay leaves, cinnamon sticks, cardamom pods, and cumin seeds in the hot oil until fragrant, 2 to 3 minutes. Stir the onion, garlic and ginger into the spice mixture and continue cooking until the onions are golden brown, 5 to 7 minutes. Add the carrots, potatoes, green beans, peas, and rice; cook and stir for 2 minutes. Pour the water over the mixture and season with salt; gently mix to incorporate.
2. Bring the mixture to a full boil; cover and reduce heat to low. Cook on low until the rice is tender, about 20 minutes. Remove the cover and cook another 15 minutes. Stir gently before serving.

YIELD: 2 servings

COMMENT: Prep: 15 min; Cook: 30 min; Ready In: 45 mins