



Vegetable Rice with Raita (Yoghurt)

by Sanjeeta Aggarwal

“This is a very healthy dish as it contains a variety of vegetables. It’s delicious and colourful.”

INGREDIENTS

1 cup basmati rice
1 onion
1 potato
1 carrot
¼ cauliflower
1 cup greek yoghurt
¼ cup peas
¼ sweet potato
¼ capsicum
3 tablespoons oil
¼ tablespoon cumin seed
¼ tablespoon turmeric powder
¼ tablespoon biryani masala
¼ tablespoon boondi masala
1 tablespoon salt
¼ tablespoon chilli powder
¼ tablespoon cumin powder
½ bunch coriander
¼ bunch mint
nuts to taste

METHOD

1. Prepare basmati rice in the rice cooker. Leave aside to cool down.
2. Chop onion, potato, carrot, cauliflower and any other vegetables mentioned above to a small size.
3. Heat the oil in a pan. Add cumin seeds.
4. Sauté the chopped vegetables in oil. When browned, add the other spices and sauté again.
5. Add the prepared rice and mix everything.
6. Garnish with mint, nuts and coriander.
7. To make raita, add ½ cup water to 1 cup yoghurt & keep stirring till it is mixed.
8. Add the Boondi masala, salt, chilli powder and cumin powder and mix again.
9. Garnish with mint and serve.

