

Indian Basmati Rice Pilau

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-west-indian-pilau-pork-recipe>

Ingredients:

- 1 tablespoon ghee
- 1/2 teaspoon cumin seeds
- 1 cup red onion thinly sliced
- 1 teaspoon salt
- 4 cardamom pods
- 8 whole black peppercorns
- 4 whole cloves
- 2 inches cassia bark pieces of Indian Cinnamon
- 1 cup basmati rice rinsed so it doesn't stick together
- 1 1/4 cups water

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 45 grams
3. Fat: 3.5 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. Sodium: 600 milligrams
7. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Indian Basmati Rice Pilau above. You can see more 15 traditional west indian pilau pork recipe Unleash your inner chef! to get more great cooking ideas.