

Pudina Pulao, Mint Pulao

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/peas-pulao-recipe-indian-style>

Ingredients:

- 1 cup fresh mint leaves Tightly Packed
- 2 tablespoons fresh coriander
- 1/4 cup onion Chopped
- 1 inch ginger Chopped
- 6 garlic
- 3 green chilli
- 1/4 cup coconut Fresh, Grated
- 4 tablespoons vegetable oil
- 1/2 teaspoon cumin seeds
- 3 cloves
- 5 black peppercorn
- 10 cashew nuts
- 1/2 cup onion Sliced
- 1/4 cup tomato Chopped
- 1/4 cup potato Peeled and cubed
- 1/4 cup carrot Chopped
- 1/4 cup bean Chopped
- 1/4 cup peas
- 1 cup rice Golden Harvest Sona Masuri
- salt to taste

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 28 grams
3. Fat: 16 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 210 milligrams

8. Sugar: 5 grams

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