

Coconut Rice, South Indian Style

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/dal-recipe-indian-food-made-easy>

Ingredients:

- 1 1/2 cups basmati rice soaked for 30 minutes, preferably
- 1 tablespoon vegetable oil
- 1 cup coconut milk
- 1 tablespoon mustard seeds
- 1 tablespoon dal chana, Bengal gram dal
- 2 teaspoons dal urad, Black gram dal
- 2 red chili peppers or 1 tsp red pepper flakes. Adjust up or down based on your preference
- 1/4 cup raw cashews chopped coarsely
- 1 sprig curry leaves
- 3/4 cup shredded coconut unsweetened
- salt to taste

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 74 grams
3. Fat: 28 grams
4. Fiber: 6 grams
5. Protein: 10 grams
6. SaturatedFat: 18 grams
7. Sodium: 250 milligrams
8. Sugar: 8 grams

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