

Matar Pulao | Green Peas Pulao

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/green-peas-pulao-recipe-veg-recipes-of-india>

Ingredients:

- 3/4 cup basmati rice soaked 15 minutes
- 1/4 cup green peas
- 1/4 cup ghee
- 1 onion chopped
- 1 teaspoon ginger garlic paste
- 1 teaspoon chili powder
- 1 teaspoon coriander powder
- salt as needed
- 2 bay leaves
- 3 cinnamon stick small
- 2 star anise
- 4 cloves
- 4 cardamom
- 1 teaspoon fennel seeds
- 3 green chili slited
- 1/4 cup mint leaves
- 1 1/2 cups water

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 82 grams
3. Fat: 23 grams
4. Fiber: 10 grams
5. Protein: 10 grams
6. Sodium: 420 milligrams
7. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Matar Pulao | Green Peas Pulao above. You can see more 15 green peas pulao recipe veg recipes of india Unleash your inner chef! to get more great

cooking ideas.