

Matar Pulao (Rice with Peas)

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 2 tablespoons vegetable oil
- 4 whole cloves
- 3 cardamom seeds black
- 6 whole black peppercorns
- 2 cinnamon sticks 3 inch
- 2 teaspoons garlic powder
- 2 tablespoons water
- 1 cup green peas frozen, thawed
- 2 cups basmati rice uncooked, rinsed and drained
- 4 cups water
- salt to taste

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 54 grams
3. Fat: 5 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. Sodium: 140 milligrams
7. Sugar: 1 grams

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