

Jeera Fried Vegetable Rice with Tomato Onion Raita

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 1/2 cups basmati rice
- 2 teaspoons jeera /cumin seeds
- 4 cloves
- 1 inch cinnamon piece
- 2 green cardamoms /hari elaichi
- 1 medium onion sliced or finely chopped
- 1 teaspoon garlic grated or finely chopped
- 3 green chillies /jalapenos, sliced round/ finely chopped/slit
- salt to taste
- 2 cups hot water depending upon how soft or tender you want your rice
- 1 large carrot peeled and julienned
- 1 cup sliced mushrooms
- 1/2 cup capsicum sliced, /bell pepper
- 1 pinch salt
- 1/2 teaspoon black pepper powder
- 2 tablespoons oil
- 2 teaspoons ghee /clarified butter
- salt to taste
- coriander leaves /cilantro for garnish, optional
- raita Tomato-onion
- 1 1/2 cups curd plain, /yogurt
- 1 large tomato finely chopped
- 1/4 cup red onions finely chopped/sliced
- 1 green chilli small, /jalapeno, finely chopped
- salt to taste
- 2 teaspoons oil
- 1/2 teaspoon jeera /cumin seeds

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 35 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 7 grams
8. Sodium: 850 milligrams
9. Sugar: 8 grams

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