

# Capsicum Pulao - Indian fried rice with bell pepper

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 1 1/2 cups basmati rice /jeera Rice /Gobindobhog, I used Basmati rice
- 3 capsicum nos of small, or Bell pepper – I prefer to use a mix of all colors green, yellow and red. If not available, you can use onl...
- 1 onion medium, chopped
- 1 tablespoon ginger chopped
- 1 garlic crushed
- 2 tablespoons ghee
- 1 handful raisin
- 1 handful cashew
- 4 tablespoons vegetable oil I used Sunflower oil but you can use any vegetable oil
- 2 teaspoons garam masala powder
- 1 teaspoon red chili powder Kashmiri, – I prefer this as it is less spicy but you can use normal red chili powder also. Even you can i...
- salt to taste
- coriander leaves 13. Chopped, for garnishing, optional

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 81 grams
3. Fat: 32 grams
4. Fiber: 4 grams
5. Protein: 11 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 210 milligrams
8. Sugar: 12 grams

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