

Sabzi Pilau Recipe

(Rice with Vegetables Recipe)

Ingredients: Serves 5-6

2 tablespoons ghee
2 tablespoons oil
2 medium onions, peeled and finely sliced
1 clove garlic, peeled and finely chopped
2 cups long grain rice
4 cups hot water
2 teaspoons salt
1 teaspoon garam masala
2 carrots cut into matchstick pieces
12 green beans, thinly sliced
½ cup diced red or green capsicum
1 small potato, peeled and cubed
½ cup fresh or frozen peas

Method:

Heat ghee and oil in a large, heavy saucepan with a well-fitting lid. Over low heat cook onion for 10 minutes or until soft and pale golden. Add garlic and continue cooking for 2 minutes. Add rice, raise heat to medium and fry for 2 minutes. Add hot water, salt, garam masala. Bring to the boil over high heat and when bubbling turn heat very low, cover pan and cook for 10 minutes. Add vegetables (do not stir) and sprinkle with an extra teaspoon of salt. Replace lid and cook for a further 10-15 minutes until vegetables are tender but not overcooked. Leave pan uncovered for a few minutes then fluff up with fork, mixing the vegetables through the rice. Use a slotted metal spoon to pile rice on serving dish. If liked, garnish with fried almonds and sultanas. Serve with curries.

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