

Vegetable Pulao with Salad and Raita



This delicious meal is super easy to make and ready in under

30 minutes! Perfect for the whole family.

Ingredients

For the Vegetable Pulao

sunflower/rapeseed/vegetable oil
1 medium onions, roughly chopped
1 tsp cumin seeds
10 black peppercorns
2 red potatoes
1 bell pepper
 $\frac{1}{2}$ cabbage
2 medium tomatoes
 $\frac{1}{2}$ cup of frozen peas
200g basmati rice, washed
1 handful of fresh coriander, finely chopped
1 tsp salt
1 tsp chilli powder
1 tsp turmeric powder
1 tsp garam masala

For the Salad

$\frac{1}{2}$ cucumber
1 onion
 $\frac{1}{2}$ lemon

For the Raita

300g natural yoghurt
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ tsp ground cumin
8 fresh mint leaves, finely chopped
1 handful of boondi (optional)

Method

– Add 2-3 tbsp of oil to a hot pan. Add the cumin, and black peppercorns to the pan and let them sizzle. Then add the onion and cook for 6 minutes until golden.

- Meanwhile, roughly chop the vegetables.
- Once the onions are beginning to soften, add the cabbage and cook for another 2 minutes.
- Add the potatoes and pepper, and cook for 5 minutes.
- Meanwhile, wash the rice, and boil 420ml of water in a kettle.
- Add the tomatoes and peas and cook for 3-4 minutes on high heat.
- Add the salt, chilli powder, turmeric powder, and garam masala, along with the fresh coriander. Mix well.
- Add the washed rice, stir through and then add the boiled water.
- Mix well, cover, reduce the heat, and cook for 15 minutes.
- Whilst the Pulao is cooking, roughly chop the cucumber and onion for the salad.
- Mix in a bowl along with a pinch of salt and pepper, and a squeeze of lemon.
- For the Raita, mix the yoghurt, salt, ground cumin, and fresh mint leaves together in a bowl. If you choose to add the Boondi, mix well, and let it sit for 15 minutes before serving to allow them to soften.
- Once the Pulao is cooked, do not uncover but turn the heat off and let it sit for 10-15 minutes.

Then, serve the Pulao along with the Salad, and Raita, and enjoy!