



## Nutritious Pulao

### Ingredients

1 cup brown rice  
 1/4 cup soya chunks (nuggets) (chunks)  
 1/4 cup green peas  
 1/2 tsp cumin seeds (jeera)  
 25 mm (1") stick cinnamon (dalchini)  
 2 cloves (laung / lavang) (laung)  
 1 bay leaf (tejpatta)  
 1 cardamom (elaichi)  
 1/2 cup chopped onions  
 1/4 tsp turmeric powder (haldi)  
 1/4 tsp garam masala  
 1 tsp coriander-cumin seeds (dhania-jeera) powder  
 1/2 cup chopped tomatoes  
 2 tsp oil  
 salt to taste  
 to be ground into a chilli-garlic paste  
 3 garlic (lehsun) cloves  
 3 whole dry red chillies

### Method

Clean, wash and soak the rice for approx. 15 minutes. Drain and keep aside.  
 Combine the soya nuggets and salt with 1 cup of hot water and soak for 20 minutes. Drain, squeeze out the water, and keep aside.  
 Heat the oil in a pressure cooker and add the cumin seeds, cinnamon, cloves, bay leaf and cardamom.  
 When the cumin seeds crackle, add the onions and prepared chilli-garlic paste and sauté till the onions turn golden brown.  
 Add the turmeric powder, garam masala, coriander-cumin seed powder, tomatoes, rice, soya nuggets, green peas and salt, and sauté for another 2 minutes.  
 Add 1 1/2 cups of hot water and pressure cook for 2 whistles.  
 Allow the steam to escape before opening the cooker. Separate each grain of rice lightly with a fork. Serve hot.

**DAAWAT**

INDIA'S ONLY  
 QUICK COOKING  
 BROWN RICE



High  
 Fibre



Zero  
 Cholesterol



Vitamins &  
 Minerals



## BROWN RICE MEDLEY

### Ingredients:

4 cup cooked brown rice  
 1/2 cup sprouted mung bean  
 1/2 cup sprouted moth bean  
 1 1/2 Tbs. minced garlic  
 1 1/2 Tbs. minced ginger  
 1/4 cup tomato chopped  
 2 tsp black pepper powder  
 2 tsp roasted cumin powder  
 2 Tbs. olive oil  
 salt, oregano flakes and red chilli flakes as per taste  
 1 Tbsp Mustard sauce (optional)

### Method:

Add 2 tablespoon of olive oil to a large non-stick skillet, with the heat on medium, heat the skillet for a few minutes and turn the heat up medium-high heat until you see the oil ripple. Saute ginger and garlic until brown. Add chopped tomatoes, salt and spices (black pepper powder and roasted cumin powder) cook an additional 1 minute. Add in the sprouted mung bean and moth bean and stir-fry until crisp-tender, about 1 to 2 minutes. Add red chilli flakes, oregano, mustard sauce (optional) to enhance the taste. Add cooked quantity of brown rice and keep stirring for about 2 to 3 minutes or until rice is hot. This recipe makes a gracious serving for 3-4.







## Quick Chicken Brown Rice

### Ingredients

1 cup dry brown rice  
 4 chicken breast, cut tiny pieces  
 1 tsp minced garlic  
 ¼ cup about green onion  
 1 tbsp sesame oil  
 4 tbsp soy sauce  
 2 tsp honey  
 salt as per taste  
 ½ tbs black paper  
 coriander leaves

### Method

Cook brown rice and set aside.  
 In a large pan, add sesame oil on medium heat.  
 Add chicken pieces and garlic. Pour on 2 tbsp soy sauce and stir.  
 Turn heat to medium high for about 6-8 minutes or until chicken starts to brown around the edges.  
 Then add green onion. Stir for 3-4 minutes, or until become tender.  
 Add brown rice, 2 more tbsp soy sauce, salt, black paper and stir well.  
 Drizzle honey on top to sweeten brown rice, serve hot.  
 Decorate with coriander leaves.

**DAAWAT**

INDIA'S ONLY  
 QUICK COOKING  
 BROWN RICE



Cooks in  
**15**  
 minutes



High  
 Fibre



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## Brown Rice Salad

### Ingredients

brown rice - 100 gm  
 honey - 10 ml  
 mint - few sprigs  
 ginger - 5 gm  
 dry coconut - 30 gm  
 pineapple - 50 gm  
 apple - 30 gm  
 pomegranate - 30 gm  
 chat masala - 5 gm

### Method

Prepare the dressing with honey, mint and julienne of ginger. Allow it to stand overnight. Soak and steam the rice, then cut all the fruits into small dices. In a dressing bowl, mix the fruits and the steamed rice and gently toss with the dressing. Garnish with pomegranate. Serve chilled.

## Brown Rice Kheer

### Ingredients

100gm Brown rice (washed and drained)  
 500 ml milk  
 10 cardamom seeds (crushed)  
 2 tbsp blanched almonds and pista  
 A pinch of saffron threads, soaked in a little hot milk  
 5 tbsp sugar

### Method

In a pan, put the brown rice and milk. Boil and simmer gently till the brown rice is soft and the grains are starting to break up. Add sugar. Stir, add almonds, pistachio, saffron and simmer for a few minutes. Serve.

