High protein vegetable rice

Preparation time

15 minutes

Cooking time

25 minutes

Serves

4

Recipe courtesy of

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Ingredients Method Nutrition

1 1/2 cups rice

1 1/2 cups mixed frozen vegetables

1 1/2 cups boiled black chickpeas (soaked overnight and boiled)

2 medium onions (chooped)

1 medium tomato, chopped (chopped)

4 cloves garlic (minced)

Few slices of ginger

1 tbsp olive oil

1 tsp cumin seeds

1 inch stick cinnamon

2 pods cardamom (green and black)

2 bay leaves

4 black peppercorns

0.5 tsp red chilli powder

0.5 tsp garam masala

0.5 tsp coriander powder

Salt as per taste

1. Prepare black chickpeas - soak overnight. Drain and rinse, then boil with fresh water until tender.
2. Prepare rice - wash the rice thoroughly and soak in water for 15-20 minutes.
3. Heat olive oil in a pan over medium heat.
4. Add cumin seeds, cinnamon, cardamom, bay leaves, cloves, and black peppercorns. Sauté until fragrant.
5. Add ginger, garlic, and green chilies. Sauté for 1-2 minutes until aromatic.
6. Add the chopped onions and cook for about 2 minutes until they start to soften.
7. Add the chopped tomatoes and cook for another 2 minutes until they begin to break down.
8. Stir in the mixed vegetables and boiled black chickpeas. Cook for 2 minutes.
9. Add in the red chilli powder, garam masala, coriander powder, and salt. Stir well and cover the pan. Cook on low heat for 3-4 minutes.
10. Drain the soaked rice and add it to the pan.
11. Pour in 3 cups of water (double the amount of rice) and gently stir to combine.
12. Cover the pan with a lid and increase the heat to high. Once the water reaches a boil, reduce the heat to low and let the rice cook for 10 minutes. Avoid stirring frequently.
13. Remove the lid to check if the rice is fully cooked and the water has evaporated.
14. Serve hot with yogurt and pickled vegetables.

Nutritional information is provided per serve

Engery	1854kj
Protein	22g
Saturated Fat	0.9g
Total Fat	4g
Carbohydrates	77g
Sugars	12g
Dietary Fibre	17g
Sodium	592mg