

TOMATO RICE | THAKKALI SADHAM



Tomato which are actually a fruit not a vegetable loaded with all kinds of health benefits for the body. Tangy tomato rice is a one part meal. Pureed tomatoes are sauted with spices and added to rice. It goes well with raita or potato fry or papad. It's great to pack for lunchbox.

Ingredients

- 1 Cup of Cooked Rice(I used basmati rice)**
- 3 Big Tomatoes**
- 2/3 Cup of Chopped Big Onion**
- 2 Green Chillies**
- 2 Tsp of Ginger Garlic Paste**
- 1 Tbsp of Sambhar Powder**
- Few Cashews and Peanuts**
- Salt and Water as needed**

To Temper

- 1 Tbsp of Oil
- 1 Tbsp of Ghee
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 1 Tsp of Fennel(Big Cumin)
- Few Curry Leaves
- Pinch of Asafoetida
- 1 Red Chilly

Method



Ingredients

- In a blender, add chopped tomatoes and make a puree. Keep it aside.
- Heat oil and ghee in a pan and add mustard seeds. Let it crackle and add urad dal, channa dal and curry leaves.
- Add fennel, red chillies and asafoetida one by one and allow it to fry in the same oil. [careful not to burn the fennel]
- Add chopped onions and green chillies and saute for few mins.
- Add ginger garlic paste, saute for few secs. Add cashews and peanuts. Fry well.
- Add tomato puree and sambhar powder, saute for few mins and add little water, cover pan with a lid. Cook in

medium flame until oil separates. check the salt and turn off the stove.

- Finally add cooked rice to tomato gravy and mix well. Make sure not to break the rice.
- Tomato rice is ready. Enjoy with onion raita or any vegetable fry or spicy pickle !!!

Tips

- Use chopped tomatoes, instead of puree.
- Use shallot(small onion) instead of big onion
- Add ginger instead of ginger garlic paste.

Health Benefits of Tomatoes

- Rich in vitamin A and C and antioxidants
- Lowers blood sugar level and blood pressure.