

Indo-Chinese Fried Rice



Fried rice are now getting popular throughout the world because of its unique taste. This is one of my favorite recipe. It has vegetables and rice that are wok fried in oil or butter. This recipe is so simple, quick to make, yummy, colorful to eyes and on top of that it has a excellent taste which is from the secret ingredient – soy sauce.

Ingredients

- 1 Cup of Rice**
- 2 Chopped Carrot**
- 2/3 Cup of Chopped Cabbage**
- 1/2 Cup of Yellow Bell Pepper**
- 1/2 Cup of Red Bell Pepper**
- 1/2 Cup of Green Bell Pepper**
- 4-5 Small Green Chillies**

2 Chopped Green Onion (Spring Onion)
1/2 Tsp of Sugar
1.5 Tsp of Black or White Pepper powder
2-3 Tbsp of Soy Sauce
1 Tbsp of Butter or Oil
Salt to taste

Method



INGREDIENTS

- **Soak the rice for 1/2 hr and cook it in pressure cooker or stove top. Once it done. Keep it aside.**
- **Heat a wok with butter or oil, add white part of the green onion and green chillies. Fry for a minute..**
- **In a high flame, add cabbage, carrot, bell pepper(green, red and yellow). Fry for a min. Sprinkle some water and cover wok with a lid and Wait for 2 mins so that the vegetables got cooked.**
- **Add pepper powder, sugar, soy sauce, salt and give it a stir.**
- **Add green part of the green onion and give it a stir. Switch off the stove.**
- **Finally add the boiled rice and mix well.**
- **Hot fried rice is ready.**

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Tips

- **Serve hot fried rice with gobi manchurian or gobi panner manchurian**
- **You can add 1/4 tsp of ajinomoto for extra taste.**
- **Careful in adding salt as soy sauce are salty in taste.**
- **Adding butter gives unique taste to this dish.**
- **Don't over fry vegetables, because it loses its nutrients and color.**



Indo-Chinese Fried Rice

Health Benefits of Fried Rice

- **This colorful Indo-Chinese fried rice is full of vegetables and less spicy in taste.**
- **Bell peppers are rich in Vitamin A, B6 and C**
- **Cabbages has a cholesterol lowering benefits.**
- **Carrots are rich in carotenoid and antioxidant.**

Dhaba Style Masala Rice



Masala Rice

Masala rice is a Pakistan dish which is healthy and quick to make in less than 20 mins. Addition of whole garam masala spices to rice gives a good aroma which is more appetizing. This dish is perfect for lunch box.

Ingredients

- 2 Tbsp of Butter**
- 1 Cup of Basmati Rice**
- 1/2 Cup of Chopped Onions**
- 1 Tsp of Ginger Garlic Paste**
- 1 Chopped Tomato(Medium)**
- 2 Green Chillies (Medium Size)**
- 2 Tbsp of Yogurt**
- 2 Tsp of Coriander Powder**
- 1/2 Tsp of Cumin Powder**
- 1 Tsp of Chilly Powder**
- 1/2 Tsp of Turmeric Powder**

1 Bay Leaves
2 Cloves
4 Black Pepper
2 Cardamom(big or small)I used Badi Elachi
1 Tsp of Black Stone Flower(Kalpasi)optional
1 Cinnamon Stick(Medium Size)
1/4 Cup of Peas
1/4 Cup of Corn
1.5 Cups of Water
Salt to taste

Method



- **Heat a pan or cooker with butter or oil. Add chopped onions and salt, fry until they turn transparent.**
- **Add ginger garlic paste, fry for a minute.**
- **Add peas and corn. Fry for a min.**
- **Add chopped tomato, green chillies and yogurt. Saute for 2 mins until oil separates.**
- **Add coriander powder, cumin powder, chilly powder, turmeric powder. Fry for a min.**
- **Add whole bay leaves, black pepper, cloves, cardamom, cinnamon. Fry for a min.**
- **Add rice and mix well.**
- **Add sufficient water and check the salt, close the lid**

- and wait for 1 whistle. Switch off the stove.
- Hot Dhaba style masala rice is ready.



Tips

- Serve with onion raita.
- Add any vegetable of your choice.
- For richness, add nuts of your choice.

Health Benefits of Masala Rice

- Corn is a good source of Vit B1, B5, E and Folic Acid
- Peas are rich in proteins, vitamin B, C and K
- Whole garam masala has antimicrobial properties.

Yellow Squash Kootu – Dal Recipes



Kootu is a South Indian Dish which is simple to make and has good aromatic flavor in it. This dish is a combination of vegetables and lentils which is semi-solid in consistency. I made this dish with yellow squash which is easily available and highly nutritious. This kootu can be served with rice and potato fry.

Ingredients

Pressure Cook

1 Cup of Yellow Squash
1/4 Cup of Yellow Moong Dal
1/4 Cup of Toor Dal
1/2 Tsp of Turmeric
Pinch of Asafoetida
1 Tsp of Oil
Salt to taste

To Grind

1/4 Cup of Coconut
1 Tsp of Cumin
1/2 Cup of Chopped onion (big or small)
2 Small Green Chillies
1/2 Tsp of Pepper Powder

To Temper

2 Tbsp of Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Red Chilly
Pinch of Asafoetida

Method



- Wash and soak dal for 1/2-1 hour.
- Wash and cut the yellow squash into big cubes.
- Take a blender or mixie, add “to grind” ingredients and grind it to a smooth paste. Keep it aside.
- Take a pressure cooker and add “pressure cook” ingredients with sufficient water and wait for 4-5 whistles. Then switch off the stove.
- Heat a pan with oil, add “To Temper” ingredients, wait till mustard crackles then add the rest of the ingredients and saute till it turned brown.
- In a medium flame, add ground paste, saute well. Finally add the dal and mix well. Let it boil for 5mins, check the salt and then switch off the stove.

Tips

- Serve with rice and potato fry
- Add red chilly powder instead of green chillies.
- You can follow the same recipe for chayote squash or bottle gourd or snake gourd.



Health Benefits of Yellow Squash

- Rich in vitamin A and C
- Abundant in antioxidants.
- High concentration of beta-carotene and lutein.

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CWS- Dals



1st March - 31st March
