

# Capsicum Corn Rice / Corn Bellpepper Rice- LunCh Box Recipes



*This rice is the combination of corn and capsicum, both are delicious vegetables , rich in nutrients like vitamins, minerals and dietary fiber. This flavorful rice is a one pot meal , great to pack for lunch box. Good accompanient for this rice is raita or appalam or potato chips.*

## **Ingredients**

**2/3 Cup of Cooked Rice**  
**2 Green Capsicum or Bell Pepper**  
**1/2 Cup of Corn, Frozen**  
**1 Large Onion, Finely chopped**  
**2 Medium Size Tomatoes, Finely chopped**  
**1 Green Chilly , Finely chopped**  
**1 Tsp of Ginger – Garlic Paste**  
**1/2 Tsp of Turmeric Powder**  
**2 Tsp of Sambhar Powder**  
**1 Tsp of Garam Masala Powder**  
**2 Tbsp of Chopped Cilantro / Coriander Leaves**  
**Salt as needed**

### **To Temper**

**2-3 Tsp of Oil / Ghee**  
**1 Tsp of Mustard**  
**1 Tsp of Urad Dal**  
**Few Sprig of Curry leaves**

### **Method**

- **Wash and soak rice in water for 30 mins. Drain the water completely. In a pressure cooker, cook the rice by adding 2 Cups of water for 3 whistles. Once it done, switch off the stove.**
- **Heat a pan with oil, add mustard seeds, urad dal and curry leaves, after they sizzle, add chopped onion, green chilly and salt, fry for 2 mins until it turns golden brown.**
- **Add ginger garlic paste, saute this for a min until raw smell vanishes.**
- **In a medium flame, add turmeric powder, sambhar powder and garam masala, saute this for another 1 min.**
- **Add chopped tomatoes, saute well with masala until oil separates.**
- **Add chopped green capsicum and frozen corn, saute well**

with the masala, just sprinkle little water and cover the pan and cook it for 2-3 mins. Don't overcook the vegetables as it loses the nutrients.

- Check the salt and switch off the stove.
- Gently mix the veggie and the boiled rice. You can add some little butter or ghee at this stage, gives a nice flavor.
- Finally garnish it with chopped cilantro.
- Hot capsicum corn rice is ready.



### Tips

- Serve hot with raita or potato chips.
- You can use red or yellow capsicum instead of green.
- You can use garlic cloves instead of ginger garlic paste.
- Adjust spicy taste according to your taste buds.

## Health Benefits of corn and capsicum

- Bell peppers/ capsicum rich in vitamin A, C
- Both are rich in dietary fiber.
- Bell peppers and corn are loaded with antioxidants.
- Corn rich in folic acid.
- Corn controls diabetes. reduces hemorrhoids and colorectal cancer

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