Tomato Pulao Recipe (Tomato Peas Pulao) – Lunch Box Recipe



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

Ingredients

1 Cup of Basmati Rice
1 Big Red Onion, Finely Chopped

6 Garlic Cloves
2 Green Chillies
6 Mint Leaves
5 Cashews
6 Soya Chunks
1/4 Cup + 2 Tbsp of Green Peas
5 Tbsp of Tomato Puree
2 Tsp of Sambar Powder
1/4 Tsp of Garam Masala
1/4 Cup of Milk
2 Tbsp of Water
1 Sprig of Cilantro / Coriander Leaves , chopped
Salt to taste

To Temper

2 Tsp of Oil
2 Tsp of Ghee(Clarified Butter)
2 Cloves
1 Medium Size Cinnamon
1 Bay Leaf
1 Tsp of Mustard
1/2 Tsp of Fennel Seeds
5-6 Curry Leaves



Method

For the Rice – Pressure Cooker Method

- Soak basmati rice for 1/2 hour. Wash the rice for 1 or 2 times and keep this aside.
- Wash and chop the onion and slit the green chillies.
- In a pressure cooker, add 1 cup of rice and 1.5 cups of water and cook it for 1 whistle. Turn off the flame.

Preparing Soya Chunks

- Cook soya chunks either in a pressure cooker or in stove top method, take a pan, add water, soya chunks and salt, boil it until it turns soft. Let it cool down for a min, squeeze water from soya chunks, wash it in tap water , squeeze it and then use it.

To Make the Gravy

- Heat a pan with ghee and oil, add all the ingredients listed under ” To Temper” list. After mustard and fennel seeds splutter, add onion, salt, garlic and green chillies, fry for 2 mins until it turns golden brown color.
- Add mint leaves, cashews, soya chunks, peas and tomato puree, fry for 2 mins until raw smell vanishes.
- Add sambhar powder, garam masala, fry well with veggies for a min.
- Add milk and water, bring it to a boil and simmer it for 2 mins. Add chopped cilantro and turn off the flame.
- After the gravy cooled down, add rice, mix well with gravy. Check the salt and add accordingly.
- Tomato Peas pulao is ready.



Tips

- Serve papad and raita or plain yogurt or any vegetable fry.
- Use ginger garlic paste instead of garlic.
- Use 3 medium size tomatoes instead of tomato puree.
- Use coconut milk for flavor & rich taste.
- If you don’t have sambar powder instead add 1 Tsp of coriander powder and 1 tsp of chilly powder.

Health Benefits

Tomatoes

- Tomatoes are rich in vitamin A, C, K and Potassium.
- They are a natural cancer fighter.
- They are a good source of chromium which helps to regulate blood sugar.

Peas

- Less in calories
- Strong immune system and anti-aging properties.
- Prevents Alzheimer’s, stomach cancer & wrinkles.


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