

# Coconut Milk Biryani Recipe / Thengai Paal Biryani



## *Coconut Milk Biryani*

Coconut Milk biryani / Thengai paal biryani is a simple, flavorful and delicious one pot meal which involves lesser efforts and with lesser ingredients. At home, we all love one pot meal dishes like pulao or biryani or any variety rice dishes. But of course biryani always top the list. Who doesn't like biryani with coconut milk ? the aroma itself makes us feel hungry, right ? If you want you can add any vegetables

like peas or carrots and customize the recipe. I served it with [potato fry](#) and vathal.

Coming to **coconut milk biryani recipe**, this biryani has a predominant flavor of coconut milk, mildly spiced and with dollop of ghee absolutely it tasted rich and yummy.

This coconut milk biryani comes to my mind if I run out of any vegetables at home. This one pot meal perfectly fit the lunch box .

**Check out my other biryani recipes**

1. [Mushroom Biryani](#)
2. [Kuska Biryani \(Plain biryani without veggies\)](#)
3. [Vegetable Biryani in cooker](#)
4. [Vegetable Dum Biryani](#)

## **Ingredients for coconut milk biryani recipe**

**Preparation Time: 10 mins      Cooking Time:15 mins**  
**Serves: 2**

- 1 Cup Rice (Basmati or Boiled Rice)
- 3 Tbsp of Ghee
- 2 Cloves
- 1 Cinnamon Stick
- 1 Cardamom
- 1 Bay Leaf
- 1/2 Tsp of Fennel Seeds
- Few Curry Leaves
- 1 Tsp of Ginger Garlic Paste
- 1 Big Red Onion, Chopped
- 4 Green Chilies, Slited
- 10 Mint Leaves
- 2 Cups of Thick Coconut Milk

- Salt to Taste

## Method for Thengai paal biryani

- Soak the rice in water for 10 mins for basmathi rice. Wash it in running tap water and keep it aside.
- Heat ghee in a pressure cooker, add cloves, cinnamon, cardamom, bay leaf, curry leaves and fennel seeds, fry it for few secs.
- Add ginger garlic paste, fry it until raw smell vanishes.
- Add chopped onion, fry it until it turns golden brown colour.
- Add green chilies and mint leaves, fry well for few secs.
- Add coconut milk, rice & salt, mix well. Pressure cook it for 3 whistles.
- Open the cooker, fluff it with a fork and switch off the flame.
- Delicious, hot yummy coconut milk biryani is ready to serve.

### Tips

- You can use store bought coconut milk or homemade.
- Adjust the number of green chilies according to your taste.
- Ghee adds a nice flavor to the biryani.
- Add your favorite veggies to the biryani.



**Thengai Paal  
Biryani**

Tags: [coconut milk biryani recipe](#), [thengai paal biryani](#), [how to make coconut milk biryani recipe](#), [plain biryani with coconut milk](#), [biryani recipes](#), [coconut milk recipes](#), [south indian biryani](#), [easy biryani with coconut milk](#), [thengaipaal](#)

[satham](#), [coconut rice](#).

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## [Samai Ven Pongal Recipe / Little Millet Pongal](#)



Samai pongal is a healthy Indian breakfast dish. This samai ven pongal recipe (Little millet pongal) is a nutritious dish as it has got samai (little millets) and moong dal in it and it tastes more like ven pongal recipe. I made this samai

pongal recipe in a pressure cooker so it takes very less time to cook. You can follow the same recipe to make kuthiravalli pongal or varagu pongal recipe.

To make samai venpongal recipe, you need samai, moong dal and spices. Tempering with spices like pepper, cumin, grated ginger makes pongal more flavorful. My amma told this recipe, I followed so it came out so good and flavorful.

If you are looking for healthy breakfast recipe, then do try this samai ven pongal recipe at home. Also check my [godhuma rava pongal \(cracked wheat pongal\)](#)

## **Health Benefits of Samai (Little Millet)**

- This millet is gluten free and it is packed with vitamins and minerals.
- Acts as a prebiotic and feed microflora of inner ecosystem.
- It is alkaline in nature.
- Digest quickly.
- Provides serotonin to sooth your mood.
- Helps to hydrate your colon

## **Ingredients for Samai Ven Pongal Recipe**

- 3/4 Cup of Samai (Little Millet)
- 1/4 Cup of Moong Dal
- 3.5 Cups of water
- 1 Tsp of Grated Ginger
- 1 Tsp of Whole Pepper
- 1 Tsp of Cumin
- Few Curry Leaves
- Pinch of Hing
- Few Cashews
- 1/4 Cup of Ghee

- 2 Tbsp of Milk

## Method for Samai Ven Pongal Recipe

- In a pressure cooker, add samai, moong dal, milk and water. Cook it for 4 whistles. Open the cooker after the pressure release on its own.
- Fry the cashews in ghee until it turns golden brown and keep it aside.
- Heat ghee in a pan, when it is hot, add grated ginger, pepper, cumin, curry leaves and hing, after it pops up and nice aroma comes, add cooked dal and samai and keep mixing gently in a low flame and let it be in stove for few mins.
- Finally add roasted cashews and ghee, mix well.
- Hot, yummy healthy samai pongal is ready to serve.

### Tips

- If you find your pongal is dry, add little more oil or ghee.
- You can also make pongal with kuthiravalli or varagu.
- Adjust the amount of water according to your wish.
- You can even roast the moong dal before you pressure cook.
- Add any nuts of your choice.

# Little Millet Pongal



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**MINT PARATHA RECIPE**



## Pudina Paratha

This green coloured mint paratha / pudhina paratha is a flavorful and tasty paratha recipe made with whole wheat flour, mint leaves, green chillies, ginger and other spices. This mint paratha recipe is very simple to make, a nice alternative to regular chapathi and it is filling for dinner. This is the first time I tried this mint chapathi, it tasted yummy with [lima beans curry](#) and [raita](#). Try this pudhina paratha at home and let me know how it turned out.

**Mint Paratha Recipe / Pudhina**

# Paratha Recipe

## Ingredients For Mint Paratha Recipe

Preparation Time: 40 mins    Cooking Time: 30 mins    Serves: 9  
Parathas

- 2 Cups of Whole Wheat Flour
- 1/4 Tsp of Cumin Powder
- 1/2 Tsp of Flax seed Powder
- 1 Tsp of Ghee (Clarified Butter)
- 2 Tsp of Oil
- Salt as needed
- 1 Cup of Warm Water

### To Saute and Grind

- 3/4 Cup of Mint Leaves
- 2 Green Chillies
- 1/2 Inch Ginger, Grated

## Method for Mint Paratha Recipe

- Wash the mint leaves, green chillies and ginger. Heat a pan with oil, saute the mint leaves, ginger and green chillies for few mins. Transfer it to a blender and grind it smooth by adding little water.
- In a mixing bowl, add whole wheat flour, cumin powder, flax seed powder, salt, ghee, oil and the ground mint mixture, mix all together with a fork, now add warm water little by little, start mixing with a fork or spoon. After it cool down, Knead it into a smooth dough, keep it covered and let it rest it for 30 mins.
- Heat a pan, meanwhile divide the dough into equal parts. Roll into thick parathas and transfer it to the hot pan. Cook both the sides of paratha until brown spots appears add some oil over the parathas.

- Repeat the same process for the rest of the dough.
- Serve it with any side dish of your choice. We had with [lima beans curry](#) and [onion raita](#).

## **Tips**

- You can use dried mint leaves too instead of fresh mint leaves.
- Add ajwain or cumin for easy digestion.
- If you don't have flax seed powder, just leave it and add cumin powder alone.



# MINT PARATHA

Tags: [mint paratha](#), [mint paratha recipe](#), [pudhina paratha](#), [pudhina paratha recipe](#), [how to make mint paratha at home](#), [prepare pudhina paratha](#), [easy paratha recipe](#), [chapathi recipe](#)