

Peas Pulao Recipe / How to Make Peas Pulao



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Peas Pulao Recipe / Matar pulao / Pattani sadham is one of my favourite rice recipe and easy to make one pot meal. This is my mom's recipe and my husband's favourite dish too. Whenever he comes to my home, my mom prepares this rice and a [mushroom gravy](#) for him. He just loved it. You can make this peas pulao recipe either in stove top or in pressure cooker. This pulao can be done in 15 mins and it tastes yummy. It's great to pack for lunch box for kids and adult. It goes

well with any spicy gravy like [aloo palak](#) and [cucumber raita](#).

Ingredients

- 1 Cup of Basmati Rice
- 1/2 Cup of Green Peas
- 1 Large Red Onion, Finely Chopped
- 3 Small Onion
- 1 Tbsp of Fried Onions(Optional)
- 5 Garlic Cloves
- 2 -3 Green Chillies, slit
- 2 Cloves
- 1 Cinnamon
- 1 Cardamom
- 1 Bay Leaf
- 1/4 Tsp of Fennel Seeds
- 5-7 Curry Leaves
- 10 Mint Leaves
- 2 Tbsp of Chopped Coriander Leaves
- Salt to taste
- 1 Cup of Water
- 1/2 Cup of Coconut Milk
- 2 Tsp of Lemon Juice
- 2 Tsp of Oil
- 2 Tsp of Ghee



Method

- Soak the basmati rice in water for 30 mins. Drain the water and rinse it in tap water for 2 times. Keep this aside.
- Heat oil and ghee in a cooker, add clove, cinnamon, cardamom, bay leaf, fennel seeds, curry leaves. Saute this for few secs. Add chopped red onion, small onions, green chillies and salt, saute this for 2 mins until it turns golden brown.
- Add garlic cloves, fry for a min.
- Add mint leaves, coriander leaves and peas, fry this for a min.
- Add rice, saute this for a min.
- Add water, coconut milk and fried onion, mix well. Check the salt. Close the pressure cooker with a lid and cook for 2 whistles. Turn off the flame. Let the pressure release on its own.
- Open the cooker, add lemon juice, mix gently with a fork

or spoon.

- Serve hot with any spicy gravies like [aloo palak](#) and [raita](#). I had with mushroom korma.

Tips

- You can use ginger garlic paste instead of using whole garlic cloves.
- Adding fried onions are optional.
- Use lot of small onions instead of large onion, if you want more taste.
- If you don't have coconut milk, just use water alone.
- Don't break the rice while mixing.
- Addition of lemon juice gives a mild tangy taste.
- Rice : water ratio is for 1 cup of rice :1.5 cups of water.

Health Benefits of Peas

- They are low in fat.
- Prevents stomach cancer.
- Anti-aging, strong immune system and energy.
- Prevention of wrinkles.
- Regulates blood sugar levels.



Tags : [green peas pulao](#), [pulao recipe](#), [peas pulao](#), [peas pulao recipe](#), [matar pulao](#), [mutter pulao](#), [how to make peas pulao](#), [how to prepare peas pulao](#), [peas pulao in pressure cooker](#), [pulao recipe](#), [easy pulao recipe](#), [pattani sadham](#), [pattani pulao](#)

[Portobello Mushroom Burger Recipe/ How to make Portobello Mushroom Burger](#)



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Love Mushroom..They are my family's favorite and a stable vegetable in my pantry. Portobello Mushroom are a great source of nutrients like potassium and selenium. They are a healthy substitution in a burger with less in calories. Portobello Mushroom Burger are the steak of the vegetable world. They taste delicious with a drizzle of olive oil and spices like garlic powder, Italian seasoning, salt and pepper added to it. Try this juicy, flavorful and full of deliciousness and let me know your feedback.

Ingredients

- 1 Portobello Mushroom
- 2 Burger Buns
- 1 Tbsp of Olive Oil
- 1/8 Tsp of Red chilli Flakes
- 1/2 Tsp of Garlic Powder
- Dash of Salt and Pepper
- Dash of Italian Seasoning (Opt)
- 2 Tbsp of Mayonnaise / Vegennaise

Squeeze of Yellow Mustard
1 Iceberg Lettuce
2 White / Red Onion, Thick Slices
4 Tomato, Slices

Other Ingredients

Strips of Carrot

Method

- Wash and remove the stem of Portobello.
- Preheat the cast iron pan over medium heat.
- Add olive oil to a pan and add red chilli flakes, then place the Portobello mushroom cap, sprinkle garlic powder, Italian seasonings, salt and pepper over the cap.
- Cover the skillet with lid and grill it on both sides until it changes color and turns tender.
- Grill the onion lightly on both sides.
- Toast the burger buns, apply Mayonnaise / Vegennaise on each side of burger buns.
- Now assemble the bun : Place the Iceberg lettuce above the mayonnaise side of burger bun, on top of that place the tomato slices, slice of onion, grilled Portobello mushroom cap, slice of onion, above that again add tomato slices and a squeeze of yellow mustard. Finally cover it with the burger bun.
- Serve immediately with ranch, french fries / strips of carrot (for healthier version) and a club soda.



Tips

- You can use whole wheat or white buns to make burger.
- You can also have a slice of provolone cheese or any cheese of your choice.
- You can grill the Portobello either on cast iron pan or outdoor grill.

Health Benefits of Portobello Mushroom

- Portobello is a great source of riboflavin, panthothenic acid, niacin, thiamine, folate, selenium, lyseine, protein, zinc, copper, manganese, and iron.
- Low in calories and high in fiber.
- Good source of phytochemicals, helps to support immune system.
- Rich in anti-oxidants L-ergothioneine.
- Reduce risk of Alzheimer disease.
- Anti-cancer property.
- sending recipe to [Guru's cooking](#)



[Vegetable Bread Roll Recipe / Veggie Bread Rolls – Indian Snack](#)



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Vegetable Bread Roll Recipe is a delicious and healthy evening snack to eat with a cup of tea. They are easy and quick to make recipe with healthy ingredients. You can use whole wheat bread or white bread to make this dish. I have given recipe with step by step pictures. Have this veggie bread rolls with hot tomato chilli ketchup. Also it is great liking recipe both for kids and adult. You can also pack this vegetable bread roll for kids lunch box.

Ingredients

- 2 Whole Wheat Bread Slices
- 1 Large Carrot, Finely Chopped
- 2 Tbsp of Green Peas
- 4 Green Beans, Chopped
- 2 Tbsp of Onion, Finely Chopped
- 1/2 Tsp of Ginger Garlic Paste
- Pinch of Turmeric Powder
- 1/2 Tsp of Red Chilly Powder
- 1 Tsp of Coriander Powder
- Pinch of Garam Masala
- Salt to taste
- 5 Curry Leaves
- 1 Tbsp of Coriander Leaves
- 2 Tsp of Oil To Saute The Vegetable
- 1 Tbsp of Oil / Butter / Ghee for Shallow Fry

Method

For Vegetable Stuffing

- Heat oil in a pan, add cumin seeds and curry leaves, after it splutter, add chopped onion and ginger-garlic paste, fry this for 2 mins until onion soften and changes color and raw smell vanishes.
- Add carrot, peas, beans and salt, saute this for few mins and cook until vegetables turns soft.
- Add coriander powder, turmeric powder, red chilly powder and garam masala, fry this for few mins.
- Finally add the chopped coriander leaves and turn off the flame.



For Bread Rolls

- Cut the brown crust of the bread, roll it slightly with a rolling pin.



- Add the stuffing in middle of the bread and then roll it and finally seal the end of the bread with few drops of bread.



- Heat oil / ghee in a pan, shallow fry the bread roll until it turns golden brown color and crisp.



- **Serve hot with tomato ketchup.**



Tips

- **You can deep fry the bread rolls instead of shallow frying.**
- **You can also bake it in oven until it turns crispy.**
- **Adjust the amount of red chilly powder according to your taste.**

- Use any vegetables for your choice for stuffing.
- You can also have cheddar cheese slice or any cheese instead of having vegetable stuffing.

Health Benefits of Vegetables

- Vegetables are home for antioxidants.
- Vegetables are packed with soluble and insoluble fibers.
- They are rich in vitamins and minerals.

