

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

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*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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Tomato Peas Pulao

## [Arisim Paruppu Sadam Recipe / Coimbatore Style](#)

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[Rice Recipe](#)

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**Arisi Paruppu Sadam**

*Dal rice or lentil rice is a comforting and traditional vegetarian meal popular in South India. Dals are fat – free and highly nutritious. The tempering is what makes the dal more exotic and delicious. Ghee used here changes the flavor and taste of the seasonings.*

*Coming to Arisim Paruppu Sadam Recipe, I'm a big fan of this rice. Because I did my most of my schooling in Coimbatore. All my friends bring this rice in lunch box, almost once in a week. So I am really fond of this rice. In Coimbatore and Erode district, this dish is a soul food, they have this rice anytime for breakfast or lunch or dinner. I still remember in school days, during vacation, I stay in my close friend's house, her mom makes this rice for dinner along with yogurt and rice crackers. We all sit together in outer verandah and eat under moon light ..those are unforgettable moments..but this recipe I got it from neighbor grandma...she makes the best lentil rice. So here is the recipe.Try this healthy, easy one pot meal and enjoy...*

## Ingredients

3/4 Cup of Rice  
1/4 Cup + 1 Tbsp of Toor Dal  
1 Big Red Onion, Finely Chopped  
3 Whole Small Onions  
1 Tsp of Ginger Garlic Paste  
2 Green Chilly, Slit it lengthwise  
1 Large Tomato, Finely Chopped  
2 Tsp of [Sambhar Powder](#)  
Salt to Taste  
2.5 Cups of Water

## To Temper

1 Tbsp of Oil /Ghee  
1 Clove  
1 Medium Size Cinnamon Stick  
1/2 Tsp of Fennel Seeds  
1 Red Chilly  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
Few Curry Leaves  
Pinch of Hing

## To Garnish

2 Tbsp of Chopped Coriander Leaves/ Cilantro

## Method

- Soak rice and dal in water for 30 minutes. Drain the water and wash it in tap water.Keep this aside.
- Heat oil / ghee in a pressure cooker, add all the ingredients under " To Temper " list, add one by one in the same order, after mustard seeds splutter, add both

the onions and little salt, fry for 2 mins until it changes color.

- Add ginger garlic paste, fry for a min until raw smell goes off.
- Add green chilly and chopped tomato, saut'e until it turns soft and mushy.
- Add [sambhar powder](#), fry for a min.
- Add toor dal and rice, fry well with the masala for a min.
- Add enough water, check the salt and close the lid. Wait for 5 whistles and turn off the stove.
- Open the pressure cooker, mix well, if you need salt, you can add it. Finally garnish with chopped cilantro / coriander leaves.
- Serve this hot yummy rice with cool [raita](#) or rice crackers or potato chips or pickle.



## Tips

- You can add dal and rice ratio in two ways.
1. 3/4 Cup of rice + 1/4 Cup of dal, I used this ratio in my recipe.
  2. 1/2 Cup of rice + 1/2 Cup of dal
- You can increase or decrease the spiciness according to your taste buds.
  - If you don't like clove, cinnamon in your recipe just add mustard and urad dal and curry leaves in your tempering.
  - You can enrich the taste by adding ghee.
  - For a great taste, add lots of small onions instead of big onion.

## Health Benefits of Dal and Rice

- Lentils are high in fiber and protein, and low in fat. Eating lentils that are rich in soluble dietary fiber can help decrease high cholesterol
- A dish of rice with toor dal combines carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy.
- Toor dal is useful in the treatment of internal organ swelling.
- Toor dal contains folic acid, good for women health.



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## Coconut Paratha / Coconut Flat Bread

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***Coconut Paratha is absolutely delicious...It features whole wheat flour, coconut and a variety of aromatic spices. This paratha is a treat to your eyes and to your taste buds..because of coconut flavor in it. When I left the dough to sit for 1 hr, you don't believe , whole kitchen smells so aromatic...My husband really loved it. It is raining everyday in my place, so I thought to eat something hot and filling. When I did some google search, I came up with this idea..I got this recipe from [here](#). we had with aloo gobi and onion raita..Try this flavorful paratha recipe and enjoy...***



## **Ingredients**

- 1 Cup of Whole Wheat Flour, I used Aashirvaad Multigrain flour**
- 2 Tbsp of Dry Coconut Flakes**
- 1 Tsp of Cumin Powder**
- 1/2 Tsp of Red Chilly Flakes**
- 1/4 Tsp of Turmeric Powder**
- 1/2 Tsp of Salt**
- 1 Tbsp + 1 Tsp of Vegetable / Canola Oil**
- 1/2 Cup of Warm Milk**
- Ghee / Butter / Oil for brushing**

**Serving : 5 Paratha**

## **Method**

- **In a big wide bowl, mix all the ingredients except milk.**
- **Make a well in the center. In the meantime, boil the milk in microwave for 1 min.**
- **Now slowly add warm milk in the centre of the bowl. Mix**

thoroughly with a fork or by hand to get a smooth dough. I took 1/2 cup of warm milk to knead the dough.

- Now the dough is ready. Cover and let the dough rest for 1 hour.
- Again knead the dough and divide into equal portions and make it into round balls.
- Heat tawa or pan. In the meantime lightly grease the rolling surface with flour. Take one ball and make it circular with a rolling pin.
- Carefully place the paratha on the heated pan. You will see tiny bubbles rises on the surface of paratha.
- Now it's time to flip the paratha with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the paratha.
- Flip again in 30 secs and apply butter or ghee or oil. Press paratha gently with a spatula and cook till brown spots appear on both the sides of the paratha.
- Coconut Paratha is done when both sides are brown and crispy. Remove it from pan and place it in serving dish.
- Repeat the same process with each ball of dough.



## Tips

- **Serve hot paratha with onion raita or aloo gobi or pickle or any side dish like**

[Aloo Palak](#)

[Baingan Bharta](#)

[Navratan Korma](#)

[Rajma Masala](#)

- **You can add grated vegetables to make it more nutritious.**
- **If you dough is dry, you can add some more oil or milk.**
- **If you want more spicy, you can increase the quantity of red chilly flakes.**
- **If you don't get dry coconut flakes, use fresh coconut..**
- **Use butter to brush the paratha instead of oil for a rich taste.**

## Health Benefits

### Wheat Flour

- It contains healthy carbohydrates, fats and protein, antioxidants and vitamin E
- High in fibers results in boosting the metabolic rate.
- Reverse the weight gaining process.
- Reduce cholesterol, high blood pressure and cardiovascular disease.
- Reduce the risk of type 2 diabetes and breast cancer.

### Coconut

- Excellent source of Immunity.
- Good source of antioxidants, vitamins and minerals.
- Good for skin, hair, bones and teeth.

