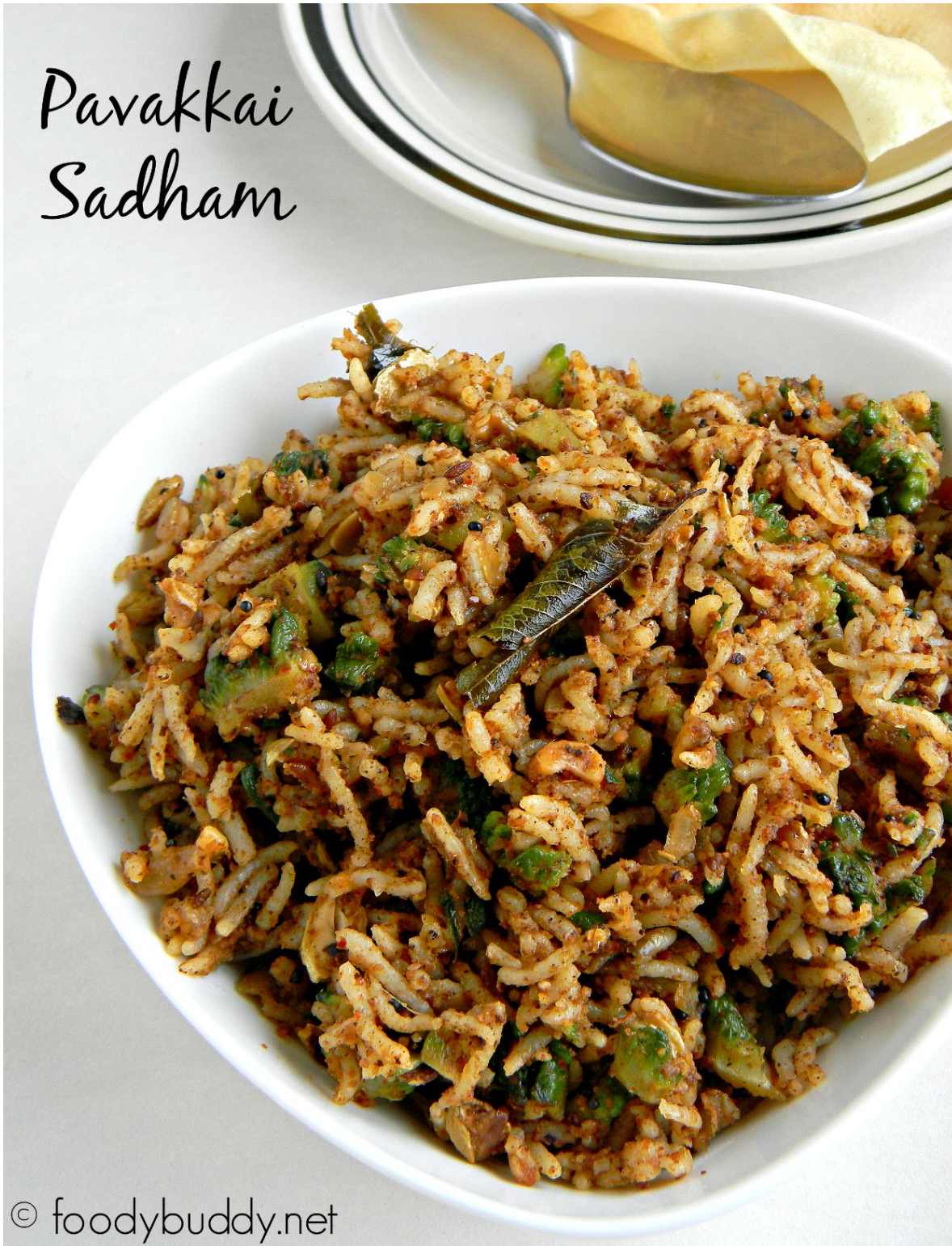


[Bittergourd Masala Rice](#)  
[Recipe / Pavakkai Sadham /](#)  
[Bittergourd Recipe](#)

*Pavakkai  
Sadham*



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Bittergourd masala rice recipe / Pavakkai Sadham / Karela Rice

is a simple and tasty one pot meal that can be made very quickly. This rice is very flavorful because of spices added to it like coriander seeds, clove, cinnamon, cardamom, bengal gram, urad dal and red chilies. I love bittergourd so nowadays am trying a lot of recipes with bittergourd. Bittergourd are very good for our health and it cures and prevents a lot of diseases like respiratory disorders, cancer, diabetes, constipation, kidney diseases and heart diseases. Try to include bittergourd twice a month to stay healthy. If you are a bittergourd fan like me ☐ , you will love this rice for sure. You can also make this pavakkai sadham to pack for lunch box. Serve this bittergourd rice with appalam and [raita](#).

Also Check my other bittergourd recipes

- [Bittergourd 65](#)
- [Bittergourd Stir Fry](#)

## How to make Bittergourd Masala Rice Recipe

Bittergourd Masala Rice Recipe / Pavakkai Sadham / Bittergourd Recipe



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Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Bittergourd masala rice / Pavakkai sadham / Karela Rice is a flavorful one pot meal. Serve this with raita and appalam.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Indian

Serves: 2

Ingredients

- 1 Cup of Cooked Basmati Rice
- 2 Bittergourds, Finely Chopped
- 1 Tsp of Oil
- 2 Tsp of Ghee
- 1 Tsp of Mustard Seeds
- 1 Tsp of Cumin Seeds (Jeera)
- Pinch of Asafoetida (Hing)
- Few Curry Leaves
- $\frac{1}{8}$  Tsp of Turmeric Powder
- $\frac{1}{2}$  Onion, Finely Chopped
- 2 Garlic Cloves, Finely Chopped
- Pinch of Sugar or Jaggery
- Salt to taste
- 1.5 Tsp of Lemon Juice or to taste
- To Roast and grind
- 2 Tsp of Coriander Seeds
- 2 Tsp of Chenna Dal (Bengal Gram)
- 2 Tsp of Urad Dal
- 3 Red Chilies
- 2 Tsp of Coconut (grated)
- 1 Clove
- 1 Cinnamon (medium)
- 1 Cardamom
- 5 Cashews

Instructions

1. Heat a pan, dry roast all the ingredients listed under "

to roast " until it turns golden brown. Cool it and grind it to a fine powder.

2. Heat a pan with oil and ghee, add mustard seeds, cumin, curry leaves and asafoetida, after it pops up, add onion and garlic, fry well until it turns golden brown.
3. Add bittergourd pieces and salt, fry well until it get cooked.
4. Add ground masala powder and turmeric powder, fry well with bittergourd, add little water, sugar and enough salt, mix well. Turn off the stove.
5. Add cooked rice, little oil and lemon juice, gently mix it with fork.
6. Hot, yummy bittergourd masala rice is ready.

#### Notes

You can also add a tsp of tamarind paste while cooking instead of lemon juice.

Add chopped peanuts in the end while mixing.(optional)

Adding ghee gives a nice taste.

Do not break the rice while mixing

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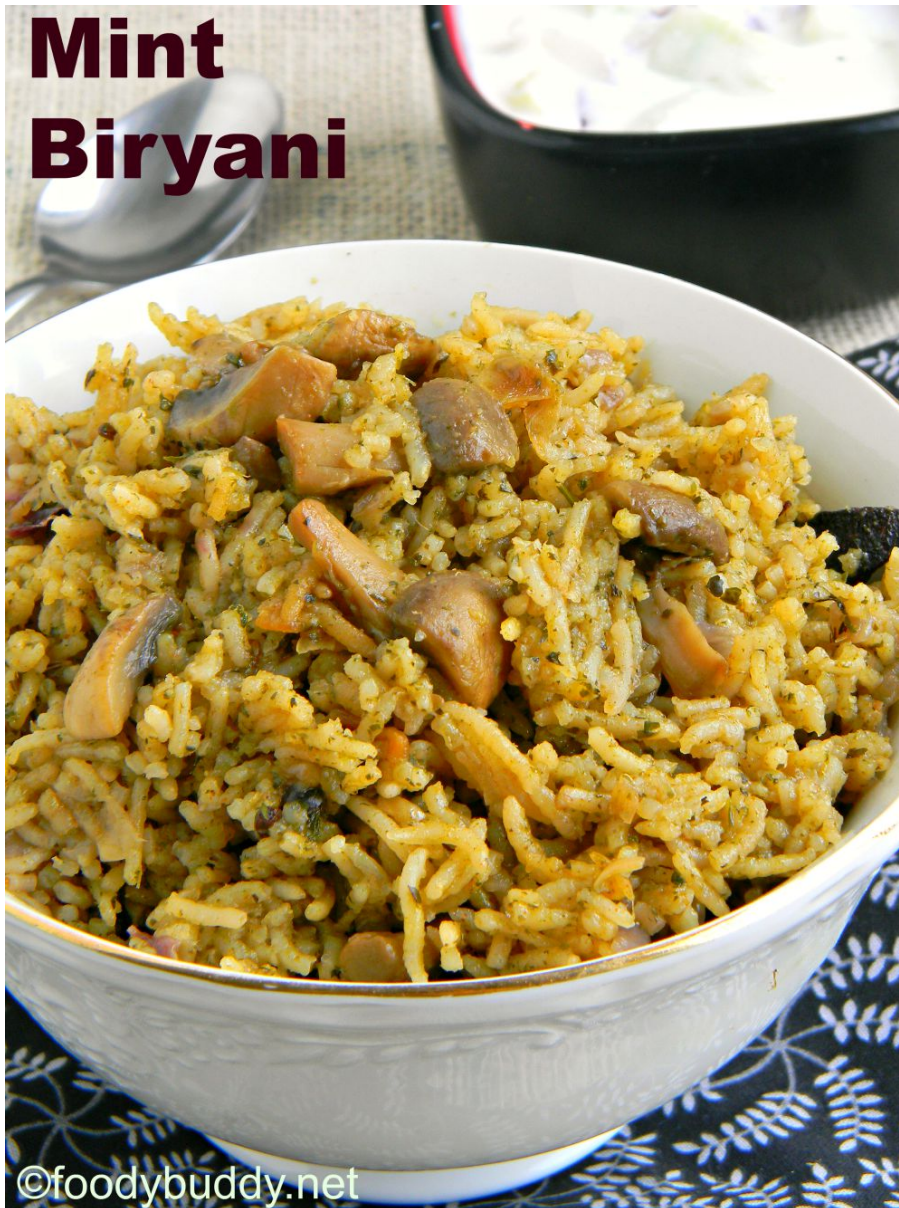


## Bittergourd Masala Rice

Tags: [bittergourd rice](#), [bittergourd masala rice recipe](#), [pavakkai sadham](#), [karela rice](#), [bittergourd recipes](#), [how to make bittergourd rice at home](#), [prepare bittergourd rice](#), [pavakkai recipes](#) [karela recipes](#), [recipes with bittergourd](#), [lunch box rice recipe](#), [office goers lunch box](#), [one pot meal](#).

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# Mint Mushroom Biryani Recipe / Easy Mint Biryani



Mint mushroom biryani recipe / easy mint biryani is a flavorful one pot meal that can be done very quickly. Who doesn't like mint flavor ? the aroma of mint while cooking in cooker makes us feel hungry, right ? I love mushroom ☐ , So I used mushroom along with mint in this biryani. you can add any vegetables like peas or carrots and customize the recipe. I already posted [mint pulao recipe](#). This easy mint biryani has a dominant flavor of mint, mildly spiced and with dollop of ghee absolutely it tasted rich and yummy. You can pack this

mint biryani for kids lunch box or office goers lunch box. Serve them with [raita](#) or [potato kurma](#).

Also try my other biryani recipes

- [Mushroom biryani](#)
- [Coconut milk biryani](#)
- [Mixed Vegetable Biryani](#)
- [Easy Vegetable Biryani](#)
- [Kuska Biryani](#)

## How to make Mint Mushroom Biryani Recipe

Mint Mushroom Biryani / Easy Mint Biryani



[Save Print](#)

Prep time

20 mins

Cook time

15 mins

Total time

35 mins

Mint Mushroom Biryani is a flavorful one pot meal made from fresh mint leaves and mushroom. Serve this biryani with raita or potato kurma.

Author: gayathri ramanan

Recipe type: main lunch

Cuisine: Indian

Serves: 2

## Ingredients

- 1 Cup of Basmathi Rice
- 7 Baby Bella Mushroom or any mushroom, Chopped
- 2 Tsp of Oil
- 2-3 Tsp of Ghee(clarified butter)
- 3 Cloves
- 1 Big Cinnamon Stick
- 1 Cardamom (Green)
- 1 Black Cardamom
- $\frac{1}{2}$  Tsp of Fennel Seeds
- 1 Bay Leaf
- 1 Red Onion, Chopped
- 2 Tsp of Ginger Garlic Paste
- 1 Tsp Coriander Powder
- $\frac{1}{2}$  Tbsp of Lemon Juice
- Salt to taste
- 2 Cups of Water
- 1 Tbsp of Fried Onions (optional)
- To Grind
- \_\_\_\_\_
- 1 Cup of Mint Leaves (Fresh), Tightly packed
- $\frac{1}{4}$  Cup of Coriander Leaves
- 3 Green Chilly

## Instructions

1. Soak the basmati rice for 20 mins, drain the water and wash it twice in tap water. Keep it aside.
2. In a blender (mixie), add green chilly, mint, coriander leaves and water, grind it to a fine paste.
3. Heat a cooker with oil and add 2 tsp of ghee, when it is hot, add cloves, cinnamon, cardamom (black and green), bay leaf and fennel seeds, fry it for few secs.
4. Add onion and little salt, fry until it turns golden

brown.

5. Add ginger garlic paste, fry until raw smell goes off.
6. Add ground mint paste, coriander powder and mushroom, fry well for 2 mins.
7. Add basmati rice, water, salt and fried onions, mix well. Cook this for 2 whistles in a pressure cooker.
8. Open the cooker, add lemon juice and ghee, gently mix well with fork.
9. Hot, flavorful mint mushroom biryani is ready to serve with raita.

### Notes

You can use any vegetables of your choice like carrots or potato or peas.

Adding ghee gives a rich taste.

Adding lemon juice is must because that gives tartness to this biryani. Please dont avoid it.

I used 3 green chilly, if you want less spicy. Reduce it to 2. Green chilly adds a flavor to this rice.

If you want, you can add garam masala.

## Mint Mushroom Biryani



Tags: [mint mushroom biryani](#), [mint mushroom biryani recipe](#), [easy mint biryani](#), [quick biryani recipe](#), [how to make mint mushroom biryani at home](#), [prepare mint biryani](#), [mint recipes](#), [biryani recipes](#), [lunch box rice dishes](#), [mushroom biryani with miint](#), [cooker mint biryani](#), [kids lunch box ideas](#)

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## **10 Mins Garlic Rice / Garlic Chickpeas Rice / Poondu Sadam**

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## 10 mins Garlic Rice

Do you believe you can make this garlic chickpeas rice in 10 mins ? Yes, you can do it with peeled garlic and canned chickpeas in hand. 10 mins Garlic rice recipe /Poondu Sadam is very close to my family and this is my mom's own recipe. We travel a lot during school and college days so we reach home very late at night. So my mom makes this quick garlic rice with ingredients available in pantry. This is yummy and simple to make rice dish with just 5 ingredients but it is of less protein so I added some canned chickpeas to make the rice more

nutritious and healthy. Mormilagai ( Buttermilk Soaked chilies) and cumin used in tempering adds a nice flavor to this garlic rice. Serve this hot garlic rice with [lemon pickle](#) and appalam, it tastes heavenly ☐ Even bachelor can make this so easily and a perfect rice to pack for lunch boxes. If you are a garlic lover, give it try, you will love this for sure.

# How to make 10 mins Garlic Rice

## Ingredients for 10 mins Garlic Rice

**Preparation Time: 5 Mins    Cooking Time:10 mins    Serves:2**

- 1 Cup of Rice (Raw or Parboiled Rice), I used Kerala Matta Rice
- 16 Big Garlic
- 5 Mormilagai (Buttermilk Soaked chilies)
- 2 Tsp of Cumin
- 1/2 Cup of Canned Chickpeas(optional)
- 1 Tsp of Oil
- 1 Tsp of Ghee or Butter
- Salt to taste
- Few Curry Leaves

## Method

- Soak the rice for 15 mins, drain the water, wash it and keep it aside.
- Peel the garlic and keep it aside.
- Heat the cooker with oil and ghee, add mormilagai, cumin and curry leaves, after it pops up, add garlic, saute it for a min, add rice, chickpeas, salt and 2 cups of water, pressure cook it for 3 whistles and turn off the

stove.

- Serve hot and delicious garlic chickpeas rice with appalam (Papad) and [lemon pickle](#).

### Tips

- If you dont have mormilagai (Buttermilk Soaked chilies), add red chilies.
- If you are conscious about weight, just add oil and avoid butter.



**Garlic Chickpeas Rice**

Tags: [10 mins garlic rice](#), [garlic rice recipe](#), [garlic chickpeas rice](#), [poondu sadam](#), [how to make garlic rice recipe](#), [prepare garlic rice](#), [lunch box rice recipe](#), [bacheolar rice recipe](#), [Indian style garlic rice](#)