

CURRY LEAVES RICE / KARUVEPPILAI SADAM



Curry leaves rice / karuveppilai sadham / Karivepaku Annam – a simple and flavorful rice dish. Nothing can beat the flavour of curry leaves when you add them in hot oil. This is my mom's recipe. My mom makes lots of variety rice dishes. During school and college days, everyday I take different rice dishes for lunch box. It was a big hit and favourite among friends.

Most of us don't know the medicinal value of curry leaves, they just throw the leaf from food. Try to include this herb

in your regular diet especially it is very good for women's health, because it keeps your uterus healthy and taking curry leaf everyday will get rids of all women's problems like irregular periods and infertility problems.

Making curry leaves rice is very easy and even bachelors can make it. Also you can make this karuveppilai sadham to pack for lunch box for kids and adults. Kids will also love this rice because of its green colour.

Are you breaking your head daily and thinking what to pack for your husband and kid..Then try this easy curry leaves rice recipe.

Curry leaves rice goes well with any vegetable fry like [potato fry](#) or [yam fry](#).

Health benefits of Curry Leaves

- Helps to keep anaemia at bay.
- Fights diabetes.
- lowers cholesterol.
- Improves digestion.
- Prevents greying of hair.

Preparation Time : 10 mins Cooking Time : 20 mins Serves : 2

Ingredients For Curry Leaves Rice

- 2 Cups of Cooked Rice
- 1 Handful of Curry Leaves
- 1 Tsp of Ghee
- Salt as required

To Fry and Grind

- 2 Tsp of Oil

- 1 Clove (Small)
- 1 Cinnamon (Small)
- 2 Red Chilies
- 1/2 Tsp of Black Pepper
- 1/2 Tsp of Cumin
- 2 Tbsp of Coconut (Grated)
- 6 Cashews Nuts
- 2 Tbsp of Urad Dal

To Temper

- 2 Tsp of Gingelly Oil or any cooking oil
- 1 Tsp of Mustard
- Pinch of Asafoetida (Hing)

Method for karuveppilai sadam

- Heat a pan with oil, roast the curry leaves until all the moisture in the leaves goes off. Keep it aside.
- In the same pan, fry all the ingredients listed under "To fry and To grind". Once it done, cool down and then grind it along with curry leaves.
- Heat a pan with oil, add mustard seeds, after it crackles, add asafoetida, fry it for few secs and turn off the stove. Add ground curry leaves powder, cooked rice, a tsp of ghee and salt. Gently mix it.
- Flavourful curry leaves is ready to serve.

Tips

- You can also add few garlic while frying.
- Use freshly cooked rice or leftover rice.
- Adding ghee makes rice more flavourful.

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Karuveppilai Sadham

Tags : [curry leaves rice](#), [karuveppilai sadam](#), [curry leaf rice recipe](#), [how to make curry leaves rice](#), [prepare curry leaves rice](#), [no onion no garlic recipe](#), [easy lunch box recipe](#), [lunch box rice](#), [bacheoler variety rice recipe](#), [variety rice recipe](#), [curry leaves recipe](#)

Milagu Aval Recipe | Pepper Poha



Aval / Flattened Rice is a dehusked rice which is flattened into flat light dry flakes. They are easily digestible. Milagu aval recipe / pepper poha recipe is one of our favourite breakfast dish and I often make this for busy weekday breakfast. This milagu aval recipe is very easy which you can prepare in 10 mins with minimum ingredients and it tasted almost like ven pongal and very flavourful because of addition of pepper and cumin powder. You can also make this pepper

poha for kids for after school snack as it is very nutritious and healthy. Try this no onion no garlic upma and enjoy it with a cup of coffee. Let us learn how to make milagu aval recipe.

Ingredients for milagu aval recipe

- 1.5 Cup of Aval / Poha / Rice Flakes
- 1/2 Tsp of Grated Ginger
- 3/4 Tsp of Black Pepper Powder
- 3/4 Tsp of Cumin Powder
- Salt to taste

To Temper

- 1.5 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tsp of Chana Dal
- Pinch of Hing
- 1 Sprig of Curry Leaves
- Roasted Peanuts and Cashew Nuts as Needed

Method to make milaku aval recipe

- Soak the aval in water for 2 mins. Drain the water and keep it aside.
- Heat a pan with oil, add mustard seeds, urad dal, chana dal, hing and curry leaves, after it splutters, add ginger, peanuts and cashew nuts, fry for a min. In a medium low flame, add aval (poha), fry for a min, add pepper powder, cumin powder and salt, fry this for a 1-2 mins and turn off the flame.

Tips

- You can make it more spicy by adding red chillies and

green chilies.

- Use thick poha instead of thin poha.
- Skip the nuts, if you don't want.
- You can also use red rice flakes in place of white rice flakes.



Tags : [aval](#), [avalrecipe](#), [milaguaval](#), [milagu aval recipe](#), [poha recipe](#), [pepper poha](#), [how to make milagu aval](#), [easy breakfast Indian](#), [Indian breakfast aval](#), [flattened rice flavored with pepper](#)

Missi Roti | Savory Indian Bread | Roti Recipe



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Missi Roti is a savory Indian bread made with a combination of whole wheat flour, besan flour and spice

powders. This roti is very healthy, high in protein and quite filling too. It tastes so good with [Spinach dal](#) or [sarson ka saag](#) or [raita](#). I had it with [black eyed peas mushroom gravy](#). You can make this roti recipe for lunch or dinner. It is also perfect travel food.

Ingredients

1 Cup of Whole Wheat Flour (Atta)
1/4 Cup of Besan Flour (Kadalai Maavu)
1 Tsp of Salt
1/2 Tsp of Red Chilly Powder
1/4 Tsp of Turmeric Powder
1 Tsp of Coriander Powder
1/2 Tsp of Garam Masala
Pinch of Ajwain
1/4 Cup of Finely Chopped Onion
2 Green Chillies, Finely Chopped
1 Tbsp of Finely Chopped Coriander Leaves
2 Tsp of Oil
Water as needed

Method

- In a bowl, mix both the flours, turmeric powder, coriander powder, red chilly powder, ajwain, garam masala, chopped onion, green chilly, chopped coriander leaves, oil, salt and water, knead well to make a soft dough. Keep aside for 15-20 mins.
- Make a equally sized balls out of the dough. Roll out each ball into a circular shape with a rolling pin.
- Heat a pan, carefully place the rolled roti in the hot pan, cook the roti's in medium heat. When bubbles starts appearing, apply oil and flip it to the other side, cook till brown spots appear on both the sides of the roti.

- Remove it from pan and place it in serving dish. Repeat the same process with each ball of dough.
- Serve Immediately.



Tips

- Serve with any dal or yogurt or any subzi.
- If your dough is dry, you can add some more oil or water.
- If you want more spicy, you can increase the quantity of red chilly powder.

Health Benefits of Whole Wheat Flour

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.

Missi Roti



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