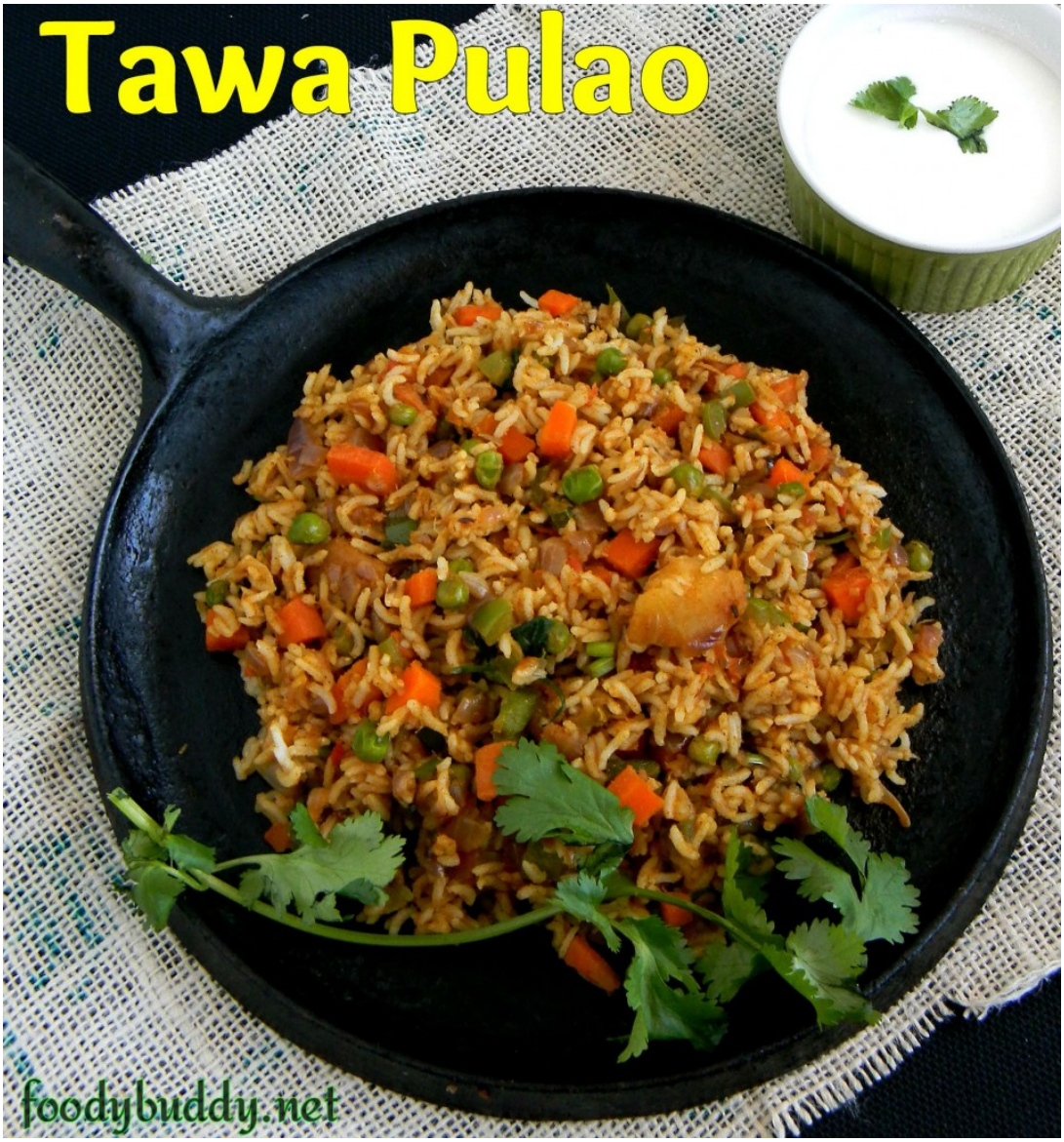
Easy Tawa Pulao Recipe (Mumbai Style)



Tawa pulao is a famous Mumbai street food . It is actually vegetarian pulao made on tawa (griddle) with lot of veggies, pav bhaji masala and butter. Making tawa pulao is very similar to chinese fried rice. Both are made with leftover rice and veggies. I got this veg pulao recipe from my husband's friend who is from Mumbai. This Mumbai style tawa pulao is healthy, colorful and very easy to make pulao and tastes simply irresistible. Main ingredient for tawa pulao is pav bhaji masala. I used ready-made which I bought from nearby grocery stores. Bacholer can make this tawa pulao easily and it is

perfect to pack for lunch box. Try this tawa pulao for lunch or dinner, serve with raita and papad. Let us learn how to make easy tawa pulao recipe at home.

Mumbai style Tawa Pulao Recipe

Ingredients for easy tawa pulao recipe

Preparation Time: 30 mins Cooking Time: 30 Mins Serves :3

• 1 Cup of Rice (I used Sona masoori Rice)
• 1 Big Red Onion, Chopped
• 2 Big Tomatoes, Chopped
• 2 Carrots, Chopped
• 1/4 Cup of Green Peas (Frozen)
• 1 Potato (Big), Chopped
• 1 Green Capsicum, Chopped
• 4 Garlic and 1/2 Inch of Ginger, Crushed using mortar and pestle
• 2 Green Chilly, Slit
• 1 Tsp of Red Chilly Powder
• 1.5 Tsp of Pav Bhaji Masala
• Pinch of Black Salt
• Few Coriander Leaves
• Salt to taste
• 2 Tsp of Lemon Juice

To Temper

• 2 Tbsp of Butter
• 1 Tsp of Cumin

Method for easy tawa pulao recipe

• Soak the rice in water for 30 mins. Wash and pressure cook the rice for 3 whistles. Cool the rice and set it aside.
• Boil the carrots and potato in microwave for 5 mins.
• Heat the butter on large tawa, add cumin seeds. After it crackles, add onion, saute on a medium flame for 2 mins.
• Add ginger garlic paste, saute until raw smell vanishes. Add green chilies, saute for a while. Add tomatoes, cook this until it turns soft
• Add boiled carrots, boiled potatoes, green capsicum, green peas and salt, saute this for 3 mins.
• Add pav bhaji masala, red chilly powder, black salt and coriander leaves, mix well and cook for few mins. Add lemon juice and mix well. Switch off the flame.
• Add the cooked rice, gently mix with masala using fork and spoon. Garnish with coriander leaves.
• Hot, yummy tawa pulao is ready to serve with raita or papad.

Tips

• You can use raw rice or basmathi rice or even left over rice to make this pulao.
• If you don’t have pav bhaji masala, try with equal amount of kitchen king masala, garam masala and chat masala. I tried this masala version, it tastes good.
• Add vegetables of your choice.
• Adjust amount of red chilly powder according to your taste. My chilly powder is really spicy so I used only 1 tsp.
• Adding turmeric powder is optional.



Tags : tawa pulao, tawa pulao recipe, easy tawa pulao recipe, mumbai style tawa pulao, mumbai street food recipe, pulao recipes, north Indian pulao recipe, leftover rice recipe.

Spinach Carrot Pulao | Palak Pulav



Spinach carrot pulao / spinach rice / palak pulav is a great one pot meal and easy to make dish. You can make pulao in different ways but this spinach pulao recipe is really authentic which has no onion and no garlic in it. This spinach rice is highly nutritious because of rich in iron, calcium and other vitamins. This palak pulao(pulav) is perfect for lunch. Serve with side dish like potato peas fry, papad and cucumber raita.

Ingredients for spinach pulao recipe

To Make Rice

- 1 Cup of Basmati Rice
- 2 Cloves
- 1 Cinnamom Stick
- 1 Big Cardamom (Black Cardamom)
- 1 Bay Leaf, Small
- 2 Tsp of Cumin/ Jeera
- 2 Tsp of Oil
- 1.5 Cups of Water

To Make Masala

- 2 Tsp of Butter
- 1/2 Tsp of Cumin / Jeera
- 1 Bay Leaf, Small
- Pinch of Hing / Asafoetida
- 3 Green Chillies
- 1 Tbsp of Minced Ginger
- 1 Big Carrot,Fine Chopped
- 1.5 Cup of Spinach, Tightly Packed
- 1 Tsp of Garam Masala
- 1-2 Tsp of Lemon Juice
- 2 Tbsp of Chopped Cilantro (Coriander Leaves)
- Salt to Taste

Method for spinach carrot pulao

- Soak the basmati rice in water for 1/2 hr. Wash the rice for 1 or 2 times in a cold tap water and keep it aside.
- Wash and chop the carrot, spinach, green chilly and ginger.
- In a pressure cooker, heat oil, when it is hot, add whole cumin, after it crackles, add cloves, cinnamon, cardamom, bay leaf, fry for few mins. Add rice, fry for another 1 or 2 mins. Add enough water, mix well and pressure cook for 2 whistles. Turn off the flame. Let the pressure release on its own.
- Heat butter in a pan, add cumin and bay leaf, after cumin seeds crackles, add hing, green chillies and

minced ginger, fry for 1-2 mins, add chopped carrot and salt, fry for 2 mins until it turns soft. Add spinach and garam masala, fry for few mins. In a low flame, add the cooked rice, mix gently until combined and cook for 2-3 mins. Turn off the stove. Finally add the lemon juice and coriander leaves, mix gently.

- Serve hot with papad and raita.



Tips

- You can add 1 big onion, if you want.
- If you have coconut milk, then cook the rice with coconut milk instead of water.
- Add ginger garlic paste instead of using minced ginger.
- If you don’t get spinach in your place, try it with some other greens.
- Black cardamom gives buttery taste to the rice. If you don’t get that, use the green cardamom.

Health Benefits of Spinach

- One cup of cooked spinach has 42 mg of calcium.
- Spinach is your best bet for folic acid, which helps keep cells all over the body growing and functioning well.
- It’s an incredible non animal protein source of iron, which delivers oxygen all over the body, providing much-needed energy to kids’ muscles.
- Spinach also helps regulate blood sugar and keeps your children’s hearts healthy because it’s high in potassium and magnesium.
- Improves brain function and cardiovascular health.
- It has a cancer fighting antioxidants.
- Strengthens the immune system.



Tags : spinach pulao, spinach carrot pulao recipe, palak pulao, spinach rice, pasalakeerai sadham, how to make spinach pulao, how to prepare spinach carrot pulao, pulao recipes, spinach recipes