

**Gooseberry Rice / Nellikai
Sadham Recipe / Amla Rice**

Gooseberry Rice



Gooseberry rice / Nellikai sadham / Amla rice / Usirikkai Annam is a simple to make one pot meal, high in vitamin content and it has lot of health benefits like enhances fertility, fortifies

liver, balances stomach acid, good for lungs, hair and heart, reduces cholesterol and blood sugar. When I was in India last year, every week my mom used to make this [Amla juice](#) for me, I already posted the recipe for that. The taste of amla rice is very similiar to [lemon rice](#). Try nellikai sadham recipe at home and let me know how it turned out.

How to make Gooseberry Rice Recipe

Ingredients for Gooseberry Rice

- 1 Cup of Cooked Rice
- 1/4 Cup of Gooseberry, Grated
- 1 Tbsp of Coconut, Grated
 - 1/2 Tsp of Ginger
 - Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - 1 Tsp of Chana Dal
 - 2 Red Chilies
 - Few Curry Leaves
 - Few Peanuts, Fried
 - Pinch of Asafoetida
- 1/4 Tsp of Turmeric Powder

Method for Gooseberry Rice

- Wash gooseberry and grate it using grater. Discards the seeds and set it aside.
- Heat a pan with oil, add all the ingredients listed under " To Temper List". After mustard seeds splutters and fry till turns golden brown.
 - Add grated gooseberry, ginger and coconut, saute for 2 mins.
- Turn off the stove and add cooked rice, mix gently by adding little oil and salt.
 - Hot, tangy gooseberry rice are ready to serve.

Tips

- Serve it with papad or any vegetable fry.
- You can also use leftover rice to make this rice.
- For tempering, add green chilies in place of red chilies.
- If you like onion and garlic, add it while tempering.



Tags : [gooseberry rice](#), [amla rice](#), [nellikai sadham recipe](#), [how to make amla rice recipe](#), [prepare gooseberry rice](#), [gooseberry recipe](#), [easy gooseberry rice](#), [amla recipe](#), [nellikai sadham](#), [easy one pot meal](#), [variety rice recipe](#), [rice dishes for lunch box](#).

BETEL LEAVES RICE / VETRILAI

SADHAM / HERBAL RICE RECIPE

Betel leaves or paan is the most important item in socio-religious life of Hindus. There won't be any auspicious occasion without betel leaves in India. Also betel leaves is a symbol of freshness and prosperity. According to ayurvedic science, it is used to cure diseases that are caused by air, bile and phlegm. Also it is a best medicine for cold and cough. I and my mom used to chew this betel leaves (Vetrilai) and areca nuts(pakku) when we get affected by cold. Coming to the recipe, betel leaves rice / vetrilai sadham is a one pot meal with lots of health benefits. This betel leaves (vaethalai) rice is very easy to make in a less time, the rice has a distinct flavour and unique taste because of betel leaf, garlic, cumin and pepper. This vetrilai sadham is good for all ages from kids to adults. Also it is perfect to pack this rice for lunch box. So do try this herbal (medicinal) rice recipe at home and let me know how it turned out.

Health Benefits of Betel Leaves

- Good for digestion.
- Natural palate cleanser and a mouth freshener.
- Strengthen teeth and gums.
- It has got diuretic properties.

Betal Leaves

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Rice



Preparation Time : 10 Mins **Cooking Time :** 15 mins **Serves :** 1

Ingredients For Betal Leaves Rice

To Grind

- 4 Betal Leaves
- 1/2 Tsp of Cumin
- 1/2 Tsp of Black Pepper

Other Ingredients

- 1 Cup of Cooked Rice
- 10 Small Onion
- 5 Garlic Cloves
- 1/4 Tsp of Turmeric Powder
- Salt to Taste

To Temper

- 1 Tsp of Gingelly Oil

- 1 Tsp of Ghee
- 1 Tsp of Mustard seeds
- 1 Tsp of Urad Dal
- 7 Curry Leaves
- Pinch of Hing (Asafoetida)

Method for betal leaves rice

- Wash the betal leaves. Grind betal leaves, pepper and cumin. Keep it aside.
- Heat a pan with oil and ghee, temper it with the ingredients listed under " To Temper " after it sizzles, add onions, garlic cloves and turmeric powder, fry it until it turns golden brown colour. Add ground paste and little water, saute this for 3 mins. Turn off the flame. Add cooked rice and salt, toss well.
- Serve hot with appalam or potato chips.

Tips

- You can also use red chillies while grinding or during tempering for more spicy taste.
- Don't chose mature betal leaves, use tender ones.

Vetrilai Sadham

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