

Brown Lentil Veggie Pulav and Raita

Veggie Pulav

- 1 cup brown basmati rice, soaked for 1/2 hour
- 1 cup brown lentils, soaked for 2-4 hours
- 2 cups mixed veggies, diced
- 2 cups water
- Salt, to taste
- 1 bay leaf
- 1 tsp cumin seeds
- 1 stick cinnamon
- 2 cardamom pods
- 2 cloves
- 4-6 black pepper corn OR 2 tsp garam masala

Dry roast the spices whole or roughly ground for a couple of minutes in a 4-quart pan or in sauté mode in an Instant Pot. Add the soaked rice and lentils. Add the water and salt. Add the chopped or frozen veggies.

If using a 4-quart pan: cover and cook for 15 minutes on medium-high. Once all the water is absorbed (no more water remains above the surface of the Pulav), reduce heat to low and allow to cook for 10 minutes.

If using an Instant Pot: Cook on high pressure for 5 minutes. Let it rest for 5 minutes, then release pressure carefully. Remove inner stainless-steel pot and set aside to cool for 20 minutes. Transfer to a serving bowl and ensure veggies are mixed uniformly. Serve with plant-based raita.



Brown Lentil Veggie Pulav and Raita

Plant-Based Raita

2 cups plant-based yogurt
1 cucumber, finely diced or grated
1 pinch jeera powder
1 pinch chili powder
1/2 bunch chopped cilantro
Salt, to taste

Mix all to make Raita. Serve with Veggie Pulav.

Recipe by Chef Shobha Swamy



ATLANTA BOTANICAL GARDEN