

One-Pot Green Pulav & Raita

Ingredients:

1 cup brown basmati rice, soaked for 2 hours
1/4 cup onion, sliced
1/4 cup peas
1/4 cup carrots, diced
1/4 cup corn
1/4 baby lima beans
Salt, to taste
2 T dry roasted cashew nuts and raisins, optional

Paste:

1/4 tsp ginger, diced
1 clove garlic
1/4 cup fresh mint
1/4 cup cilantro, with stems
2 green chilies or jalapenos
2 cloves
1 cardamom
1 cinnamon stick
1 bay leaf
1/4 + 3/4 cup water

Method:

Combine all ingredients in a 3 qt pot. Bring to boil then reduce to simmer. Cover and cook until all water is absorbed, about 10 minutes. Turn off heat, let sit for 10 minutes, covered, before serving. Garnish with a chopped cilantro, cashews & raisins. Serve with plant-based raita on the side.

Recipe by Garden Chef Shobha Swamy



ATLANTA BOTANICAL GARDEN

One-Pot Green Pulav & Raita

Plant Based Raita:

1/4 cup Cucumber, grated
2 cups Plant-based yogurt
1/2 tsp dry roasted cumin
Salt, to taste

Instructions:

Mix all ingredients. Serve with Veggie Pulav.

Recipe by Garden Chef Shobha Swamy



ATLANTA BOTANICAL GARDEN