

## Recipe

### Mugalai Vegetable Pulav

By

Bhaktin Pooja



## Ingredients

- Basmati rice - 1 cup
- Carrot – ¼ cup (cut into long pieces)
- Beans – ¼ cup (cut into long pieces)
- Diced fresh fruits - ½ cup (Pineapple, ripe mango and apple)
- Cashew nuts - 2 tsp
- Raisins - 2 tsp
- Butter - 1 Tbsp
- Ghee or Oil - enough for frying
- Cloves - 2
- Cardamoms - 2
- Cinnamon - 1 inch piece
- Salt - as required

## Grind Together

- Grated coconut - 1 tbsp (Fresh)
- Cashew nuts - 1 tbsp
- Poppy seeds - ½ tbsp
- Green chilies - 6
- Ginger - ½ inch piece
- Coriander seeds - 1 ½ tsp

## Preparation

1. Cook rice and allow it to cool.
2. Separate the grains. Cook beans and carrots separately.
3. Heat oil, add cloves, cardamoms, cinnamon, salt and then ground masala.
4. Fry till raw smell goes in medium flame. Add beans and carrots.
5. Stir in rice and fry for few minutes. Remove from heat and add diced fruits.
6. Fry cashew nuts and raisins in ghee and pore over. Mix butter and serve hot.

## Serves

2 Persons

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