

## Recipe

### Peas and Carrot Bhath

## By

Bhaktin Pooja



## Ingredients

- Rice - 1 cup
- Carrots - 4
- Shelled peas - ½ cup
- Green chilies - 3
- Red chilies - 2

- Tomato juice - from 2 tomatoes
- Poppy seeds - 1 tsp.
- Grated fresh coconut - ¼ cup
- Cashew nuts - few
- Turmeric powder - ¼ tsp.
- Curry leaves - few
- Salt - as required
- Ghee and oil - 2 tbsp

## Preparation

1. Cook rice and allow it to cool.
2. Add a tsp. of ghee and separate the grains with fork.
3. Fry red chilies and poppy seeds in half a tsp of oil and grind it along with coconut.
4. Dice carrots and slit green chilies into two.
5. Heat oil, add cashew nuts and green chilies and then fry carrots and peas.
6. When it is half cooked, add ground masala with half a cup of water.
7. Reduce flame till carrots and peas become soft. Close with a lid.
8. When moisture is completely absorbed, add salt and turmeric powder.
9. Mix rice to this gently. Sprinkle tomato juice while frying.
10. Keep on low flame for few minutes till rice becomes hot.
11. Serve garnished with cut coriander leaves and curry leaves.

## Serves

2 Persons.

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Hare Rama Hare Rama Rama Rama Hare Hare**