

# VEGETABLE RICE PILAF



## INGREDIENTS

for 4 servings

- 2 tsp vegetable bouillon powder
- 250 ml hot water
- 1 tbsp oil
- 1 tsp cumin seeds
- 1 onion, chopped
- 2 cloves of garlic\*, minced
- 1 tbsp ginger, minced
- 500 g white Basmati rice
- 1 green chili\*, slit at end
- 2 medium-sized potatoes, cubed
- 1 tomato, chopped
- ½ red bell pepper, chopped
- 150 g green beans
- 2 medium-sized carrots, chopped
- ½ tsp turmeric
- salt
- fresh parsley or cilantro, chopped for garnish

\* If you want to reduce Pitta, omit these ingredients.

## PREPARATION

1. Dissolve the bouillon in hot water and set the bowl aside. Heat the oil in a medium-sized pan, add the cumin seeds and let them sizzle for 30 seconds.
2. Now add onions, garlic and ginger and sauté everything for another 30 seconds.
3. Add the rice and stir everything well, until the rice is completely coated with oil.
4. Now add the chili, as well as the rest of the vegetables and season with salt and turmeric. Fill up the rice with the vegetable stock and additional water, until you have twice as much water as rice.
5. Cook to boil, then lower the heat, put on the lid and let everything cook until done for approximately 20-25 minutes. Remove the chili, stir well and garnish with fresh parsley or cilantro.

Enjoy your meal!



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## HEALTH TIPS

This recipe is perfectly suitable for all three doshas. Actually, rare tomatoes and potatoes are not an ideal food source for Vatha doshas, but cooking them with oil changes the characteristics of the ingredients and makes them easily digestible for Vatha doshas.

Spices like ginger, garlic and green chilies, but also bell peppers aid in reducing Kapha.



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