

# Sada Pulao

## Indian Rice with Vegetables



Let's Practice our **rolling boil** skills by making Pulao!  
This classic Indian dish of rice with vegetables is enjoyed all over the subcontinent and is served at family meals and large celebrations.

Note: Pay particular attention to steps 8 and 9 in the directions, that's where you will be boiling and simmering.

**Serves: 2-3 People • Prep time: 5 mins. • Cook time: 20 mins.**

### Ingredients:

- 1 cup Basmati rice
- 1 tablespoon cooking oil or ghee
- 1 onion
- 1 tablespoon chopped ginger
- 1 tablespoon chopped garlic
- 1/4 cup green peas
- 1/4 cup chopped carrots
- 1 teaspoon cumin seeds
- 2 cups Water
- Salt to taste

### Kitchen Tools:

- cooking pot
- measuring cup
- measuring spoons
- cutting board
- knife
- bowls and spoons for serving

### Directions:

1. Soak rice for 15 minutes.
2. Rinse the soaked rice 3-4 times in fresh water and keep aside.
3. Peel and slice the onion, chop the carrots, ginger, and garlic.
4. Heat oil (or ghee if you have it)
5. Add the cumin seeds and allow cumin seeds to splutter in the oil.
6. Add onion, ginger, garlic, peas, and carrots to the oil. Saute until onions are golden brown.
7. Add the rice, mix gently and saute for 2-3 minutes on a medium flame.
8. Add water and salt and bring all of the ingredients to a rolling boil.
9. Once the ingredients are boiling, lower the heat until the water is simmering.
10. Cover the pot and let cook for 15 minutes.
11. Serve warm in bowls and enjoy!