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Pulao Recipe with stovetop & instant pot instructions. Veg Pulao also known as Vegetable Pulao is a basic Indian style rice pilaf that is aromatic, delicious, healthy & super quick to make for a meal. This detailed step by step recipe post will teach you how to make perfect pulao at home with basic pantry ingredients. You can use either a regular pot or
a cooker. If you are new to Indian cuisine, read on to know more. About Pulao Pulao, Coconut milk pulao, Coconut milk pulao, Coconut milk pulao, Kashmiri pulao, Yakhni
Pulao & Chicken pulao. This veg pulao is the most basic dish & is made often in many Indian homes. You will also find it always on the party, buffet & celebration menus, served along with a yogurt raita & sometimes a Kurma/korma/shorba. There are a few different methods of making vegetable pulao recipe. Each region has a different way of making
it. I am sharing a simple generic veg pulao recipe that we make at home. It tastes super delicious & is very fragrant. This not only goes well for a regular or a special meal but is also great to pack in office & school lunch boxes. Since this is the simplest of the Indian rice dishes made with very little preparation, it is super quick & ridiculously easy to
make even for a party when you have a crowd. A perfectly cooked vegetable pulao should have fluffy, separate rice grains that are not sticky & not mushy yet fully cooked. The dish must have a brief Ingredients and
substitutes section to help you decide on them. Spices: Always use good quality whole spices as they are the key to make a aromatic veg pulao. You can also crush the spices lightly & use to release the aroma. There is no substitute to bay leaf, cloves, cinnamon, cardamoms & star anise. While you may skip the rest your pulao wont really have those
aromatic flavors. Ginger garlic paste can be substituted with grated ginger and garlic but not with ground dried ginger and garlic. You wont get the same flavors. Herbs: Do not skip fresh mint or pudina leaves as it the next key ingredient that infuses aroma to the veg pulao. If you want you may add a mix of coriander leaves (cilantro)
and mint. If fresh is not available you may use a teaspoon of mint paste. Rice: Normally aged basmati rice is used to make vegetable pulao. But if you do not have, just use any other kind of rice that is non-sticky. Sona masuri, Jeerakasala, samba rice, ponni rice, all these go well. You will need to adjust the water as needed depending on the rice. Mixed
Vegetables: I normally use carrots, green beans, potatoes, sweet corn, baby corn & peas depending on the availability. Opt for frozen veggies to save time. Frozen veggies to save time for stovetop cooker, instant pot and regular
pot. You need to prepare the ingredients first. Rinse 1 cups basmati rice a few times until the water runs clear. Then soak it and set aside for at least 15 to 20 mins. Meanwhile prepare the veggies. 1 medium onion thinly sliced & 1 green chilli slit 1 medium carrot (chopped) half cup green peas 4 French beans (chopped) Handful of mint leaves 1
teaspoon ginger garlic paste (inch piece ginger and 3 garlic cloves) If you want you can also make a fine paste of ginger, garlic, green chilies and mint leaves. 1. On a medium flame, gently heat 2 tablespoons oil or ghee in a cooker or pot. To make in Instant pot, use saute mode. When the oil is slightly hot, add the following whole spices 1 bay leaf 2
inch cinnamon 4 cloves 4 green cardamom to teaspoon shahi jeera or jeera 1 star anise (optional) 1 small strand mace (optional) 2. When the spices begin to sizzle, add one thinly sliced onion. And then 1 to 2 slit green chilies. 3. When the onions turn golden, add
1 teaspoon ginger garlic paste. 4. Saute well for 30 to 40 seconds, until the raw smell of ginger garlic disappears. Do not burn. 5. Add mixed veggies and chopped mint/ pudina. I use peas, beans and carrots most of the times. You can also use potatoes and a handful of split cashews or softened soya chunks if you like. 6. Next saute everything well until
the mint smells good. Usually it takes about 2 to 3 minutes. 7. Pour 2 cups water if making in a pot, pour 3 cups water to a rolling boil, then add soaked & drained rice. Ensure there is no water in the rice, else the veg pulao will turn mushy.
9. Stir gently and taste test the water. If needed add more salt. If making in pressure cooker on a medium high flame for one whistle. For al dente rice, Immediately I release the pressure cooker on a medium high flame for one whistle. For all dente rice, Immediately I release the pressure cooker on a medium high flame for one whistle. For all dente rice, Immediately I release the pressure cooker on a medium high flame for one whistle.
button, set the timer to 5 mins. Position the steam release handle/valve to sealing. Instant pot beeps when it is done. Let the pressure release handle from sealing to venting with a spoon. Let cool down a bit before serving. If cooking in a pot, cover the pot with the lid. Cook
on a low flame until the water is absorbed and rice is cooked completely. Perfectly done veg pulao in a pot should have no more moisture at the bottom and the rice grains turn fluffy. 10. Gently mix everything with a spatula or fluff up the rice with a
fork. Serve veg pulao hot or warm with shorba or raita. This vegetable pulao can be served without any side dishes. However a basic Raita compliments the meal. This boondi raita is our favorite. For special occasions or when we have guests home, we serve vegetable pulao with a Salan or Shorba Sherva. Non-vegetarians can serve veg pulao with
Egg curry or with Chicken curry or any grilled dishes like Kababs. However if you are short of time, just enjoy it with some plain Curd & papads. Pulao masala: For more aromatic veg pulao, you can make a paste of onions, ginger garlic, mint, cinnamon and cardamoms. This paste can be made ahead and refrigerated. If you have this paste & mixed
veggies ready in the fridge, then making vegetable pulao just takes less than 15 mins. Though the ingredients used are the key pointers to cook the best veg pulao. Rinsing: Always rinse the rice well for at least 3 times until the water runs clear
This reduces the starch from the rice grains which is the culprit to mushy & sticky veg pulao. Soaking: Soak rice for at least 15 to 20 mins. When soaked rice grains absorb water and swell up to the maximum when cooked making them fluffy & perfectly cooked. Frying rice: If you are making plain pulao without veggies then you can roast the drained
rice in ghee & spices. For vegetable pulao, I do not fry the rice as most times I have experienced the soaked rice grains break when fried with veggies. Ratio: Rice to water ratio is the key to get fully cooked grainy pulao. Adjust the amount of water depending on the rice. Add water according to the cooking method opted by you. More details below in
the recipe card. There are different methods I follow to make vegetable pulao. It can be made in a Pressure cooker I have included the instructions in the recipe card Pot or pan Instructions mentioned in the recipe card Electric cooker Saute the spices, then the onions, ginger garlic, mint & vegetables in a small pan. Then transfer this to a electric
cooker along with rice, salt and water. Cook as you would prepare normal rice with the same amount of water you use for regular cooking. Instant pot Instructions below There are so many different variations of making veg pulao. The basic one is made with mixed vegetables. I make vegetable pulao with most veggies & even with greens. If you are a
health nut like me you may like to explore these options for fussy folks Carrot rice, Beetroot r
spices begin to sizzle, add the onions & chilies. Saute until onions turn golden. Next add drained rice and stir. Saute for 2 to 3 minutes. Pour water and add salt too. Taste the water, it has to be slightly salty. Bring the water to a rolling boil. Next add drained rice and stir.
If cooking in pot, cover and cook on a low heat until all the water is absorbed and the rice grains are cooked. When the rice grains to become fluffy. If making in pressure cooker, cover the cooker with the lid. Then cook on a medium high flame
for 1 whistle. Switch off the stove. When the pressure releases, remove the lid and fluff up the veg pulao hot or warm with a simple raita or gravy. Always use aged rice which gives fluffy and grainy pulao. If using frozen mix veggies, use 1.5 cups. You will need to adjust the quantity of water depending on the rice. If
using normal rice, use more water. Stone flower or dagad phool makes the pulao | Vegetable Pulao | Veg
different methods of cooking it. I love making pulao, most of the time i make it like a one pot meal. I prepare the masala, add rice directly in it and cook together. But this one is little different, the rice is cooked separately and finally both are tossed well. This taste so yummy with some raita or any curries. About Vegether.
Pulao (Pulav)Pulao, Pulav, Pilaf orpilau is a rice dish made with adding spices and other ingredients such as vegetables or meat. Pulao is one of the easy and healthy recipe you could ever make. This pulao is such a delicious addition to your lunch menu. As it is so easy to make and take
less than 30 mins. This is a delicious pulao which is filled with lots of vegetables. Veg pulao recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe you could make. This takes just few minutes to make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe you could make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make. This pulao is one of the easiest recipe which taste so delicious and is very easy to make and the pulao is one of the easiest recipe which taste and the pulao is one of the easiest recipe which taste and the pulao is one of the easiest recipe which taste and the pulao is one of the easiest recipe which taste and taste and
be done. This makes a great lunch box recipe too. Check out 11 Easy Pulao Recipes Jeera Pulao Soya Pulao Recipes Jeera Pulao R
with spices into the dish which gives it a fresh aroma and taste. Finally this pulao is finished with a sprinkle of black pepper. Preparation Time: 10 minsCooking Time: 25 to 30 minsServes: 2 to 4Ingredients for veg pulaoBasmati Rice - 1 cupSalt to tasteWater - 2 cupsFor Masala: Butter - 2 tblspnOnion - 1 large chopped finelyGreen Chillies - 3
choppedGinger Garlic Paste - 1 tspFennel Seeds - 1 tspFennel Seeds
4Cloves / Krambu - 4Bay Leaf - 1How to Make Veg Pulao (Using Cooked Rice)COOKING RICE:Wash and soak rice for 30 mins. Now add salt to it and add in 2 cups of water. Bring this to a boil, simmer the flame and cook covered for 10 to 15 mins till rice is cooked. Now fluff the rice and spread it on a big plate and let it cool.SAUTEING VEGETABLES
FOR PULAOHeat butter in a large kadai. Add in whole spices and let them sizzle. Add in onions, chillies and salt. Saute for 2 to 3 mins. Add in ginger garlic paste and toss well. Cook this till the veggies are done. Now add in salt and garam masala powder. Mix well.MIXING IN THE RICE & FINISHING THE
PULAOAdd in cooked rice and toss well. Add in pepper, coriander leaves and mix well. Serve Start by cooking the rice. Take basmati rice in a sauce pancover with water and let it soak for 30 mins. Then add in saltheat it up and bring it to a boilCover and simmer and cook for 10 mins till rice is completely donefluff the rice gently spread it in a big plate and toss well.
and cool it completely Take your other ingredients In a big kadai.. Add in butteradd in all the whole spiceslet them sizzleadd in onions and chillies are cookedadd in garam masala powdermix wellnow the masala is doneadd in
ricetoss welladd in coriander leavesfreshly ground black pepper powdermix wellServe hot Version 2: Veg Pulao with Coconut Milk This is a spiced up vegetable pulav which is perfect for a spice lover like me. This pulao has a spicy taste to it and it has an addition of coconut milk in them which makes it even more delicious. If you love a milk coconut
aroma in your rice then this is for you. Coconut milk makes the rice softer and taste similar to restaurant style veg pulao. Take all your ingredients.. You need some coconut milk and water for cooking the rice.. heat some ghee in a cooking potadd in whole spicesmow onionsadd in ginger garlic pasteadd in powdered spicesmix welladd in veggies and mix
welladd in herbsand some curdadd in riceand mix well,.Don't forget to add salt..bring it to boilcover and simmertill done..Serve Version 3: Veg Pulao Recipe (Pressure Cooker Method)Making veg pulao in a pressure cooker is one of the most easy way of cooking it. All you have to check is the level of water:rice
ratio which you use for veg pulao. INGREDIENTS FOR PRESSURE COOKER VEG PULAO2tbspghee1piececinnamon stick4green cardamom2cloves1tspfennel seeds1largeonion chopped finely3green chillies finely chopped2tbspginger garlic paste1tspturmeric powder1tspgaram masala powderSalt1cupbasmati Rice1carrot chopped5beans
chopped1 potato peeled and chopped1 cupwaterPRESSURE COOKER VEG PULAO COOKING METHODWash and let them sizzle. Add in onions and chillies. Saute till golden. Add in ginger garlic paste and cook for 1 min. Add in vegetables and toss well. Cook
for 3 mins or so. Add spice powders and mix well. Add in rice, water and mix well. Bring it to a boil. Cover and pressure cook for 1 whistle. Leave to simmer for 5 mins then turn off the stove. Let the pressure escape by itself. Open the cooker and fluff up the rice. Serve. Veg Pulao Recipe Video Pictorial: 1) Heat ghee in a pressure cooker. 2) Add in whole
spices 3) Add in finely chopped onions 4) Add in green chillies 5) Add in green chillies 5) Add in green chillies 5) Add in soaked rice. 13) Add in water 14) Mix well 15) Add in salt. 16) Bring it to a boil 17) Cover and pressure cook for 1
whistle.18) Fluff up the rice and serve. Wash and soak basmati rice for 30 mins. This makes the rice grains softer which make the rice grains softer which make the rice and serve. Wash and soak basmati rice for 30 mins. This makes the rice grains softer which make the rice and serve. Wash and soak basmati rice for 30 mins. This makes the rice grains softer which make the rice and serve. Wash and serve. Wash and soak basmati rice for 30 mins. This makes the rice grains softer which make the rice and serve. Wash and soak basmati rice for 30 mins. This makes the rice grains softer which make the rice and serve. Wash and soak basmati rice for 30 mins. This makes the rice grains softer which make the rice and serve. Wash and serve. Wash and serve. Wash and serve in a pot. Add in onions and chillies.
minAdd in vegetables and toss well. Cook for 3 mins or so. Add spice powders and mix well. Bring it to a boil. Now put the bowl in your electric rice cooker and switch on it. Cook till done. Once done, fluff it up and serve with raita. Set instant pot mode to saute. Heat oil in the pot of instant pot. Heat oil and ghee in a pot.
Add whole spices and let it sizzle. Add in onions and chillies. Saute till golden. Add in ginger garlic paste and cook for 3 mins or so. Add spice powders and mix well. Bring it to a boil. Now cover with lid and set it to pressure cook for 5 minutes. Let the pressure release
manually. What is difference between biryani and pulao? Biryani is made using the draining method of cooking, whereas pulao is made through the absorption method. Pulao is made using the draining method of cooking, whereas pulao is made through the absorption method. Pulao is made using the draining method of cooking, whereas pulao is made through the absorption method. Pulao is made using the draining method of cooking, whereas pulao is made through the absorption method. Pulao is made using the draining method of cooking, whereas pulao is made using the draining method of cooking.
pulao has lots of vegetables and less usage of ghee than biryani. So it is much healthier. What goes with pulao? pulao can be served with any spicy gravies like paneer tikka masala, lahori aloo or simple curd, raita and pickle. What is the best rice for Pulao? Basmati rice is best rice for pulao. If you are using any other type of rice you might need to
adjust the water level accordingly. Pulao can be served with any curries. It can be served with any spicy gravies like paneer butter masala, kashmiri dum aloo or simple curd, raita and pickle. Pulao is traditionally pretty mild so it can take up any spicy curries. When cooking pulao in pressure cooker. Don't add too much water. Else it may get
mushy. And cooking in pressure cooker can be tricky. So follow the guidelines. Soaking rice is important for biryani or pulao. It gives the grain to stay individual without sticking to each other and also keeps them fluffy. If you have any questions not covered in this post and if you need help, leave me a comment or mail me @[emailprotected] and Ill help
as soon as I can. Follow me on Instagram, Facebook, Pinterest, Youtube and Twitter for more Yummy Tummy inspiration. IF YOU MAKE SURE TO POST IT AND TAG ME SO I CAN SEE ALL OF YOUR CREATIONS!! #YUMMYTUMMYAARTHI AND @YUMMYTUMMYAARTHI ON INSTAGRAM!
This restaurant-style Veg Pulao is a delicious medley of rice, spices, and vegetables. Also known as Vegetable Pulao Pulao, this North Indian dish is very simple and easy to make and pairs perfectly with any raita or curry of your choice. There are often days when we are looking for simple, one-pot comfort food thats quick to make and
good to eat. For me, this Veg Pulao fits the bill perfectly on such days. You can also make this on occasion when you have guests over. Pulao is a fragrant Indian Style Rice dish where rice is cooked with spices and vegetables and the best part is you can add any vegetables you want to make this Pulao delicious
and wholesome. A great way to use those leftover vegetables sitting in your fridge, right? To cook this recipe, you just need a few minutes. Rice, onion, spices, and a sprinkling of fresh green coriander makes this dish irresistible. The whole spices used in this pulao lend it an aromatic and distinct flavor. This Vegetable Pulao can be paired with any
raita of your choice. You can make this pulao recipe in a pressure cooker as well to save on time. Also, double or triple the recipe according to your choice. This Restaurant Style Vegetable Pulao is, Easy to make
broken wheat, or even couscous. Vegetables You can add as many veggies as you want in this Pulao. I like to add potatoes, beans, cauliflower, carrot, and peas, but you can go ahead and add in anything you want. Whole Spices We will need
cumin seeds, cloves, cinnamon, black cardamom, and bay leaves. Just crush them a little in mortal pestle before adding in the hot oil for the best flavor. Ghee I always prefer to make Vegetable vil oo. Garam
Masala Powder When it comes to spices, we will add in only garam masala powder, which gives it a subtle yet unique flavor. You can either use the store bought one or make the garam masala powder at home. Others Other than the amount of unique flavor. You can either use the store bought one or make the garam masala powder at home. Others Other than the amount of unique flavor.
green chilies as per your taste. If making for kids, you can skip adding it too. Wash the rice and soak it in enough water for 30 minutes. Add onion and fry until they turn slightly brown. Now
add ginger, garlic and green chilli and fry for a minute. Add carrot, beans, cauliflower, peas and potato and cook for a minute. Drain the rice and add it in the pan. Add 3 cups of water, salt, garam masala powder, and lemon juice, and cover and cook on low heat until all the water is absorbed and the rice is cooked. Once the rice is cooked, switch off
the stove and fluff the rice using a big spoon and serve. What is the difference between Biryani and Pulao? Pulao is a medley of rice with either vegetables or meat and both these things are cooked together with subtle spices whereas, in Biryani, rice and meat or vegetables or meat and both these things are cooked together with subtle spices whereas, in Biryani, rice and meat or vegetables or meat and both these things are cooked together with subtle spices whereas, in Biryani, rice and meat or vegetables or meat and both these things are cooked together with subtle spices whereas, in Biryani, rice and meat or vegetables or meat and both these things are cooked together with subtle spices whereas, in Biryani, rice and meat or vegetables or meat and both these things are cooked together with subtle spices whereas, in Biryani, rice and meat or vegetables or meat and both these things are cooked together with subtle spices whereas, in Biryani, rice and meat or vegetables or meat and both these things are cooked together with subtle spices whereas, in Biryani, rice and meat or vegetables or meat and both these things are cooked together with subtle spices whereas, in Biryani, rice and meat or vegetables or meat and both these things are cooked together with subtle spices.
the use of ghee and fried onions and more spices. What vegetables can be added in Veg Pulao? You can add in Mushrooms, Cauliflower, Potatoes, Broccoli, Carrots, Beans, Green Peas, Corn Kernels, Baby Corn, Red, Yellow, and Green Bell Peppers, Sweet Potatoes, Drumsticks, etc. You can also add in Paneer Cubes or Soy in this
Pressure cook the rice for one whistle on high heat and then switch off the flame. Let the pressure release on its own. Open the cooker and then fluff the rice gently. How to make it in Microwave? To make veg pulao in a microwave, heat ghee for one minute in a microwave and then switch off the flame. Let the pressure release on its own. Open the cooker and then fluff the rice gently. How to make it in Microwave? To make veg pulao in a microwave, heat ghee for one minute in a microwave and then fluff the rice gently.
onion, ginger, garlic, and green chilies and micro on high for 3 minutes. Now add the rice with water and salt and micro for 10 minutes. Remove the bowl from the microwave and let the rice rest for 5 minutes before fluffing it. Use long grain Basmati rice to make this pulao. The grains will remain separate ancest for 10 minutes. Remove the bowl from the microwave and let the rice rest for 5 minutes before fluffing it.
the fragrance will be amazing. After the pulao is cooked, let it rest for at least 5 minutes before fluffing it. Ghee adds a very delicious flavor to the rice however if you want, you can use olive oil too. But adding some fat helps to keep the grains separate so do not skip it. Slightly
crushing the whole spices before adding them in ghee will make the flavor stand out even more. Add some roasted Kasuri Methi along with the vegetables for an even more delicious flavor of this pulao. You can add bari or lentil dumplings to this pulao. You can add bari or lentil dumplings to this pulao. Just break the bari into small pieces and fry until browned. Then add them in the pulao along with
the vegetables. I sometimes cook this pulao in veg stock instead of water and it takes the taste to a whole new level. You can try using soup cubes that are easily available. Also, try to cook this pulao is cooked in some curd. Do not forget to
check it out. Here is how to make Dahi Wala Pulao. You can add a paste made using coriander, mint, and green chilies. It will impart a very different flavor to the pulao. You can add a paste made using coriander, mint, and green chilies. It will impart a very different flavor to the pulao. You can add a paste made using coriander, mint, and green chilies. It will impart a very different flavor to the pulao. You can add a paste made using coriander, mint, and green chilies. It will impart a very different flavor to the pulao. You can add a paste made using coriander, mint, and green chilies. It will impart a very different flavor to the pulao. You can add a paste made using coriander, mint, and green chilies. It will impart a very different flavor to the pulao is spiked with tanget in the pulao. You can add a paste made using coriander, mint, and green chilies. It will impart a very different flavor to the pulao is spiked with tanget in the pulao i
pickling spices. Add some homemade Achari Masala Powder and some masala from the ready mango pickle. Brown Rice Pulao along with Raita recipes such as Cucumber Raita, Aloo Raita, Kaddu Ka Raita, and Carrot Raita. Do not forget to serve
pickle and papad on the side. You can also serve it on the side with your meal of Dal, Sabzi, Roti and Raita. This Veg Pulao will last in the fridge for about 2-3 days when stored in an airtight container. Reheat it in a pan or microwave, until nice and warm. If you feel it has become a little dry, then sprinkle some water and mix it properly. Wash the rice
and soak it in enough water for 30 minutes. Once the ghee is hot, add cumin seeds, cloves, cinnamon, black cardamom, peppercorns and bay leaf and let them crackle for a few seconds. Add onion and fry until they turn slightly brown. Add ginger, garlic and green chilli and fry for a minute. Now add carrot, beans, cauliflower, peas and
potato and cook for a minute.Drain the rice and add it in the pan.Add 2 cups of water, salt, garam masala powder and lemon juice and cover and cover and cover and samati rice to make this pulao. The grains will remain separate and
the fragrance will be amazing. You can choose the vegetables that you want to add in the pulao. You can also add corn kernels or baby corn, broccoli, capsicum etc. After the pulao is cooked, let it rest for at least 5 minutes before fluffing it with a fork. It will make sure the grains do not break while fluffing it. Ghee adds a very delicious flavour to the
rice however if you want, you can use olive oil too. But adding some fat helps to keep the grains separate so do not skip it. Calories: 301kcal, Carbohydrates: 4g, Vitamin A: 1405IU, Vitamin C: 18.4mg, Calcium: 48mg, Iron: 2.1mg Jump
to Recipe Print RecipeLearn how to make simple and easy Veg Pulao recipe with detailed step by step pictures. Vegetable Pulao is a simple one pot meal mildly spiced and loaded with vegetables, making it a quick meal to serve for lunch or dinner. Veg Pulao
also makes for a great option to pack in lunchboxes. Jump to: One Pot Veg Pulao is a simple and easy one pot rice recipe that is fragrant and mildly spaced. The origin of the pulao or pulav is from pilaf, a rice recipe that is fragrant and mildly spaced. The origin of the pulao or pulav is from pilaf, a rice recipe that is fragrant and mildly spaced. The origin of the pulao or pulav is from pilaf, a rice recipe that is fragrant and mildly spaced. The origin of the pulao or pulav is from pilaf, a rice recipe that is fragrant and mildly spaced. The origin of the pulao or pulav is from pilaf, a rice recipe that is fragrant and mildly spaced. The origin of the pulao or pulav is from pilaf, a rice recipe that is fragrant and mildly spaced. The origin of the pulao or pulav is from pilaf, a rice recipe that is fragrant and mildly spaced. The origin of the pulao or pulav is fragrant and mildly spaced.
the choices of spices, spice powders, vegetables added and vegetable pulao happens to be one. Difference Between Vegetable Pulao and Vegetable Biryani vs what makes it a pulao. For meat eaters, a one pot rice without meat is technically pulav
however pulao and biryani are different. One key difference between pulao and biryani is that there are usually no tomatoes/acidic ingredients added in a pulav. It is usually paler in color due to the use of whole spices instead of spice powders and is mildly spicy but highly fragrant. Being a very common everyday recipe, this could have many
variations and each household makes it a different way. Tips & Important Notes for Making Vegetable Pulao Veg Pulao is a beginner-friendly recipe that is simple and easy to make by following just a few tips and important notes. The ratio of water to rice is very important in getting separate grains of rice and pulao not turning mushy. I use 2 cups of
 water for a cup of rice and 1 cup of vegetables (not pre-cooked). This yields perfect grainy rice thats soft and moist. Using fragrant rice variant. Using coconut milk instead of water to cook the rice adds to the flavor. Using a heavy pan to cook the pulao results in
better rice texture. Cook the rice and vegetables in medium heat for 5 mins and thereafter reduce the flame to low, cook covered of 10 mins. Dont be tempted to mix the pulao immediately after removing from heat. Always let it rest for 5-10 mins before fluffing up with a fork. This stops the rice from breaking when too hot. For making Veg Pulao in
pressure cooker, cook it for two whistles only on medium flame and let the pressure drop naturally before fluffing it up with a fork. Serving Suggestions Vegetable Pulav is best served hot, with a side of any starters or side dishes like soya 65, paneer tikka, dal tadka, aloo gobi and so on. Any paneer based, egg- based or mushroom gravies/curries and
starters & appetizers go very well with plain pulao. Similar Recipes Veg Pulao Recipe with Step by Step Pictures First wash and soak 1 cup basmati rice in 2 cups water. In a heavy pan heat 1 teaspoon oil. Add whole spices 1 dry bay leaf, 2 cloves, 2 green cardamoms, 1 cinnamon stick, 1 star anise, 1 mace flower and 6-8 cashews
Fry until cashews are golden brown. Add 2 green chillies slit cut along with 1 large onion finely sliced. Fry onions until translucent and add 1 teaspoon ginger garlic paste. Cook for 2-3 mins until translucent and add 1 teaspoon ginger garlic paste. So freely sliced. Fry onions until translucent and add 1 teaspoon ginger garlic paste. Cook for 2-3 mins until translucent and add 1 teaspoon ginger garlic paste.
Cook for 3-4 mins and then add cup finely chopped mint leaves. Cook for another minute. Add water used to soak basmati rice and mix well. Cook covered on medium flame for 4-5 mins and then reduce the heat, continue cooking covered for 10-12 mins until the
rice is soft & cooked. Let it rest for 5-10 mins before fluffing it up with a fork. Serve hot with any side dish of your choice. I served it with Soya 65 Fry. Recipe Notes Rice and water ratio depends on the age of the rice. Technically 1:2 ratio always works for closed pot method, but adjust depending on the rice variety. Adjust the number of green chillies
depending on the spice preference. Coconut milk can be used in the place for water for a fragrant pulao. I would be delighted to know if you have any questions, you can e-mail me! I am also available on Facebook, Pinterest, Instagram and Twitter Ramya Learn how
to make simple and easy Veg Pulao recipe with detailed step by step pictures. Vegetable Pulao recipe easy pulao recipe easy pulao recipe easy pulao recipe makes for a perfect one pot meal. 1 cup = 250ml, 1 teaspoon = 15ml, 1 teaspoon oil. Add wholes for a perfect one pot meal.
spices 1 dry bay leaf, 2 cloves, 2 green cardamoms, 1 cinnamon stick, 1 star anise, 1 mace flower and 6-8 cashews are golden brown. Add 2 green chillies slit cut along with 1 large onion finely sliced. Fry onions until translucent and add 1 teaspoon ginger garlic paste. Cook for 2-3 mins until there is no raw smell. Next add cup
mixed vegetables chopped (1 small carrot, 4-5 french beans, 1 small potato and handful of green peas fresh/frozen). Cook for another minute. Add water used to soak basmati rice. Let the water come to a rolling boil, add salt as needed. Now add soaked basmati rice and mix well. Cook
works for closed pot method, but adjust depending on the rice variety. Adjust the number of green chillies depending on the spice preference. Coconut milk can be used in the place for water for a fragrant pulao. Veg Pulao | Pulav Recipe* Percent Daily Values are based on a 2000 calorie diet. Do you enjoy short recipe videos?
Subscribe to our YouTube channel to watch new videos!PinVegetable pulao recipe and I have tried my own variations over the years too. A pulao should be simple, flavourful, have a good amount of vegetables (thats why its called a vegetable pulao after all!), and
also have a subtle hint of spices. And no matter what, I do not like to bite into whole pieces of cloves and cardamom when eating pulao or biryani. So I either pound them well before adding or remove them once the pulao is cooked. Painstaking, but worth it. Pin Vegetable Pulao Recipe When I made Palak Paneer the other day to share the recipe here,
I made my go-to easy Veg Pulav to pair with it. I didnt intend to share the recipe of the pulao here but a lot of you commented, emailed, and asked me on the FB page what that rice dish is and how to make it. This is the main rice dish I make when I spend some extra time making a side dish for pulao like Lauki Kofta Curry or Paneer Butter Masala or
Soya Chunks Masala. PinI feel like two things are important for this pulao recipe. One, you need to get the right consistency for the rice. Heres how I cook rice for pulao very light, add lesser amount of spices that I have mentioned below in
the ingredients. I love adding green chillies to vegetable pulao since it gives a nice flavour but you can substitute with red chilli powder in a pinch, literally! Also, heres a pressure cooker vegetable pulao recipe if youd like to make itin one pot. Pin nags Vegetable pulao is a great main to serve guests when planning an Indian menu. Rice is cooked with
spices and vegetables to create a lovely flavourful dish to complement your spicy side dishes. 2 cups of cooked rice1 carrot10-12 beans1 capsicum / bell pepper3-4 green chillies slit1 large onion1 piece of cinnamon3-4 green cardamom lightly crushed3-4 cloves1/2 tsp of cumin seeds1 tsp of minced garlic2-3 tsp of saltA small bunch of coriander leaves
/ cilantro for garnish2 the or oil Slice the onions long and shred the carrot, beans, and capsicumCook the rice for pulao and set asideHeat the ghee or oil in a wide pan and ddt the onions turn a darker shade of brownAdd the minced garlic
and fry for another few secondsAdd the shredded vegetables and green chillies and mix well with saltCook on a low flame, covered, until the vegetables are softMix in the rice and garnish with chopped coriander leavesTurn off flame and keep partially covered until ready to serve Step by Step Pictures for Making Vegetable Pulao:1. Cook rice and set
aside. Slice the onions and shred the vegetables fine 2. Heat ghee or oil in a pan and add the onions and cumin seeds. Pin 3. When they are slightly browned, add the onions turn a darker brown Pin 4. Add the minced garlic and fry for a few more
 seconds.Pin5. Throw in the shredded vegetables, chillies and salt. Mix well, lower flame, and cook covered for about 5 mins until the vegetables are softPin6. Gently mix in the cooked rice.Pin7. Garnish with any Paneer Recipe like Paneer
Butter Masala, Palak Paneer, or Kadai Paneer, or Kadai Paneer. You can also serve it with a simple Dal Tadka or Soya Chunks Curry. Notes: Store leftover pulao in an airtight container in the refrigerator for up to two days. To re-heat, either microwave with some sprinkled water or in a pan over a slow flameIf you prefer large chunks of crunchyvegetables in your veg
pulao, you can chop them larger. Just cook longer until they are done! remove the whole spices in rice you can throw in a bay leaf with the other spices if you wishYou can make vegetable pulao in a pressure cooker. I prefer this method to make mixed rice because I feel more in
control. I also prefer the rice grains very separated which is hard to achieve in a pressure cooker (in my experience). My rice cooker does a good job though so will update veg pulao made in rice cooker soonI do most of the fine chopping in an electric chopper which works like a charm for mincing and shreddingForVegetable Pulao recipe in Hindi,
Tamil, Telugu, Malayalam, Urdu etcplease use the Google Translate button on the top right of this website. This restaurant-style Veg Pulao is a delicious medley of rice, spices, and vegetables. Also known as Vegetable Pulao Pulao or Indian Pulao, this North Indian dish is very simple and easy to make and pairs perfectly with any raita or curry of your
choice. There are often days when we are looking for simple, one-pot comfort food thats quick to make and good to eat. For me, this Veg Pulao fits the bill perfectly on such days. You can also make this on occasion when you have guests over. Pulao is a fragrant Indian Style Rice dish where rice is cooked with spices and vegetables. This is loaded with
used in this pulao lend it an aromatic and distinct flavor. This Vegetable Pulao can be paired with any raita of your choice. You can make this pulao recipe in a pressure cooker as well to save on time. Also, double or triple the recipe according to your needs. You can make this pulao in your Kids Lunch Box or even in your Office Lunch Box on
fluffy. You can use any rice of your choice or can go for other alternatives such as brown rice, quinoa, broken wheat, or even couscous. Vegetables You can go ahead and add in anything you want. Whole Spices We will add in some
whole spices in the hot oil to release the flavor that complements the pulao really well. We will need cumin seeds, cloves, cinnamon, black cardamom, green cardamom, green cardamom, and bay leaves. Just crush them a little in mortal pestle before adding in the hot oil for the best flavor. Ghee I always prefer to make Vegetable Pulao in ghee, it enhances the taste of
the pulao even more. But if you do not prefer ghee, you can add in vegetable oil or olive oil too. Garam Masala powder, which gives it a subtle yet unique flavor. You can either use the store bought one or make the garam masala powder at home. Others Other than the above
ingredients, we will just need ginger, garlic, green chilies, salt, and lemon juice. You can adjust the amount of green chilies as per your taste. If making for kids, you can skip adding it too. Wash the rice and soak it in enough water for 30 minutes. Add the whole spices in mortal pestle and grind them a little. Heat ghee in a pan. Once the ghee is hot, add
whole spices and let them crackle for a few seconds. Add onion and fry until they turn slightly brown. Now add ginger, garlic and green chilli and fry for a minute. Drain the rice and add it in the pan. Add 3 cups of water, salt, garam masala powder, and lemon juice, and cover and
cook on low heat until all the water is absorbed and the rice is cooked. Once the rice is cooked, switch off the stove and fluff the rice using a big spoon and serve. What is the difference between Biryani and Pulao? Pulao is a medley of rice with either vegetables or meat and both these things are cooked together with subtle spices whereas, in Biryani,
rice and meat or vegetables are cooked separately and then assembled in layers. It is much richer due to the use of ghee and fried onions and more spices. What vegetables can be added in Veg Pulao? You can add in Mushrooms, Cauliflower, Potatoes, Onion, Tomatoes, Broccoli, Carrots, Beans, Green Peas, Corn Kernels, Baby Corn, Red, Yellow, and
Green Bell Peppers, Sweet Potatoes, Drumsticks, etc. You can also add in Paneer Cubes or Soy in this Pulao? Soaking rice helps you get fluffy and separate rice. So before preparing, soak the rice for at least 30 minutes, discard the water and then add the soaked rice in the recipe.
How to make it in Pressure Cooker? To make this pulao in a pressure cooker, follow the same method. Pressure cook the rice for one whistle on high heat and then switch off the flame. Let the pressure release on its own. Open the cooker and then fluff the rice gently. How to make it in Microwave? To make veg pulao in a microwave, heat ghee for
one minute in a microwave-safe bowl. Add cumin and whole spices and micro on high for 30 seconds. Add onion, ginger, garlic, and green chilies and micro for 10 minutes. Remove the bowl from the microwave and let the rice rest for 5
minutes before fluffing it. Use long grain Basmati rice to make this pulao. The grains will remain separate and the fragrance will be amazing. After the pulao is cooked, let it rest for at least 5 minutes before fluffing it. Use long grain Basmati rice to make this pulao. The grains will remain separate and the fragrance will be amazing. After the pulao is cooked, let it rest for at least 5 minutes before fluffing it.
you can use olive oil too. But adding some fat helps to keep the grains separate so do not skip it. Slightly crushing the whole spices before adding them in ghee will make the flavor stand out even more. Add some roasted Kasuri Methi along with the vegetables for an even more delicious flavor of this pulao. You can add bari or lentil dumplings to this
pulao. Just break the bari into small pieces and fry until browned. Then add them in the pulao along with the vegetables. I sometimes cook this pulao in veg stock instead of water and it takes the taste to a whole new level. You can try using soup cubes that are easily available. Also, try to cook this pulao in thin coconut milk. It has a very different and
very delicious taste. I have a lovely recipe in which Veg Pulao is cooked in some curd. Do not forget to check it out. Here is how to make Dahi Wala Pulao. You can also add masala powders like Goda Masala, Sambar Masala, or Vangi
Bath Masala to this recipe for a change in taste. Achari Veg Pulao This pulao is spiked with tangy pickling spices. Add some homemade Achari Masala Powder and some masala from the ready mango pickle. Brown Rice Pulao This pulao is made using brown rice instead of white rice. Serve this delicious Restaurant Style Veg Pulao along with Raita
recipes such as Cucumber Raita, Aloo Raita, Aloo Raita, Kaddu Ka Raita, and Carrot Raita, and Carrot Raita. Do not forget to serve pickle and papad on the side with your meal of Dal, Sabzi, Roti and Raita. This Veg Pulao will last in the fridge for about 2-3 days when stored in an airtight container. Reheat it in a pan or microwave, until nice and
warm. If you feel it has become a little dry, then sprinkle some water and mix it properly. Wash the rice and soak it in enough water for 30 minutes. Once the ghee is hot, add cumin seeds, cloves, cinnamon, black cardamom, green cardamom,
brown.Add ginger, garlic and green chilli and fry for a minute. Drain the rice and cook for a minute. Drain the rice and add it in the pan. Add 2 cups of water, salt, garam masala powder and lemon juice and cook for a minute. Drain the rice is cooked. Remove the pan from
heat. Serve hot with any raita. Use long grain Basmati rice to make this pulao. You can also add corn kernels or baby corn, broccoli, capsicum etc. After the pulao is cooked, let it rest for at least 5 minutes before fluffing is
with a fork. It will make sure the grains do not break while fluffing it. Ghee adds a very delicious flavour to the rice however if you want, you can use olive oil too. But adding some fat helps to keep the grains separate so do not skip it. Calories: 301kcal, Carbohydrates: 49g, Protein: 6g, Fat: 8g, Saturated Fat: 5g, Cholesterol: 9mg, Sodium: 117mg,
Potassium: 318mg, Fiber: 4g, Sugar: 4g, Vitamin A: 1405IU, Vitamin C: 18.4mg, Calcium: 48mg, Iron: 2.1mgPulao, also known as rice pilaf, is comfort food at its best. I make this Veg Pulao recipe when I want to cook something quick, easy and satisfying. This easy one-pot mildly flavored and fragrant vegetarian dish is bursting with deliciously spiced
rice and vegetables, and is great on its own or paired with raita (an Indian yogurt dish), pickle and roasted papad (a crispy thin Indian snack). What is PulaoExpert TipsFAQsRecipe Card Called by various names such as pilaf or pulav, Vegetables, and is great on its own or paired with raita (an Indian yogurt dish), pickle and roasted papad (a crispy thin Indian snack). What is PulaoExpert TipsFAQsRecipe Card Called by various names such as pilaf or pulav, Vegetables, and is great on its own or paired with raita (an Indian yogurt dish), pickle and roasted papad (a crispy thin Indian snack).
A Veg Pulao is basically an easy rice based dish made with spices, herbs and vegetarian pulao recipes on the blog including Peas Pulao, Kashmiri Pulao, Tawa Pulao, Paneer Pulao and more. However the recipe Im sharing now is my absolute
favorite and how I almost always end up making it. What I like best about making this veg pulao recipe, is that it comes together quickly. In fact, you only need about 15 minutes of prep time and 25 minutes of cook time to get this cozy dinner on the table! My pulao
recipe uses whole spices, rather than adding any pre-made ground pulao or biryani masala. This creates a richer aroma that can be tasted throughout the dish. I usually like the texture of rice to be a little soft in this dish, rather than being all dente, which is the way it is typically served in restaurants. I also mostly add vegetables like carrots, green
 peas, french beans and cauliflower. But a veg pulao can be made with various other vegetables. Broccoli, beets, capsicum, spinach, cabbage, baby corn are some veggies that you can consider. Usually pulao is made with the finest fragrant varieties of rice which
are non-sticky also work well. Pulao recipe can be made in a pan on the stovetop, a pressure cooker or the Instant Pot. I like the rice grains to be fluffy and separate. So I cook the pulao in a pan on the stovetop, a pressure cooker or the Instant pot. Do read on below in the tips section my helpful
suggestions on making the perfect veg pulao for any occasion. If you love eating pulao, youre going to fall head over heels for this super easy recipe. Heres how its made: 1. Begin by rinsing 1.5 cups basmati rice in water until it runs clear of starch. Next, soak the rice in enough water for 20 to 30 minutes. 2. After 20 to 30 minutes strain the rice of all
the water and keep aside. 3. While the rice is soaking, prep the veggies. Rinse and chop them in small to medium-sized florets. Peel, rinse, and thinly slice 1 large onion. 4. Keep all the whole spices aside. From the below list of spices, you can skip black peppercorns, black
cardamom, star anise and mace. 5. Add chopped ginger (1 to 1.5 inches), garlic (4 to 5 small to medium garlic cloves, peeled) and 1 to 2 green chilies (green peppers) in a mortar-pestle. 6. Crush to a paste. You can also use a small grinder for crushing these. Add a bit of water as required if grinding in a small grinder or mixer. 7. Heat 3 tablespoons
ghee or oil in a deep thick bottomed pot or pan. 8. Once the ghee has melted and become hot, add all whole spices and fry for a few seconds until they become fragrant. The spices will also splutter while frying. The ghee should not smoke or become too hot. 9. Add 1 cup of thinly sliced onions. 10. Mix the onions with the ghee and begin to saut them.
11. Saut the onions on a low to medium-low heat. First, the onions will become golden. Continue to saut while stirring often. 12. Saut onions until golden. 13. Once the onions become golden, add the prepared, crushed ginger & garlic
goes away. 15. Add cup chopped tomatoes. 16. Mix and saut for 2 to 3 minutes on a low heat. 17. Now add all the chopped veggies. You will need about 1 to 1.5 cups of mixed chopped veggies. You will need about 1 to 1.5 cups of mixed chopped wint leaves. 19. Mix and saut
again for 2 to 3 minutes on a low heat. 20. Add the rice gets well coated with the rice gets 
can add less or more water. You can also replace water with vegetable stock if you prefer. 24. Add teaspoon lemon juice. 25. Season with salt. Mix very well. To figure out if you have added the right amount of salt added is right. If the water does
not feel salty, then you need to add some more salt. 26. Stir and tightly cover the pot or pan with its lid. 27. Cover and cook the rice until all the water is absorbed. Cook on a low to medium heat. Usually, in the beginning, I cook on a low to medium heat. Usually, in the beginning, I cook on a medium heat and then halfway through, I lower the heat. Check a few times during cooking to ensure
there is enough water. Depending on the guality of rice, you may need to add more water. With a fork, you can also gently stir the rice grains are cooked, fluff them and let the rice grains are cooked, fluff them and let the rice grains are cooked, fluff them and let the rice grains are cooked. Fluff them and let the rice grains are cooked.
fried onions and fried cashews or fried raisins. I recommend serving vegetable pulao with the following: Raita (an Indian yogurt dish): Different variations I recommend include Onion Raita, Boondi Raita or Cucumber Raita. Curry or Korma: Choose any spicy or lightly spiced curries or gravies like this flavorful Soya Chunks Curry, or this tasty Kurma
or our favorite Paneer Butter Masala or even a plain simple Kadhi (without pakora). With pickle and roasted or fried Papad (an Indian flatbread). Vegetable pulay also pairs well with Curd (yogurt). You could also pair it
with some sliced onions and lime or lemon. The most important thing in a pulao dish is that the rice grains should be separate and non-sticky after being cooked. Below you will find some expert tips and suggestions to help you prepare the perfect rice for your pulao recipe.
Basmati rice is usually used to make pulao. The basmati rice should be fragrant and long-grained rice and short-grained rice and short-gr
Amazon. In some parts of Tamil Nadu and Kerala (Southern Indian states), seeraga samba rice is widely used to make this recipe. Now that you have the correct rice, follow these steps to ensure you have fluffy separate rice grains in your pulao: Soak the rice It
is always better to soak your rice for 20 to 30 minutes before cooking. Soaking rice grains gives them a better texture when they are cooked. If you do not have time to soak them, then just rinse the rice grains require less water for cooking as
compared to rice grains which are not soaked. Add the right amount of water Be sure that you do not add too much water, especially if you have presoaked your rice as recommended above. Saut the rice grains to your pan, saut them for 1 to 2 minutes on a low to medium heat, so that they are coated with fat (oil or ghee). The
rice grains have to be separate & and yet well cooked in a pulao or biryani. Adding lemon juice also helps make the rice to water ratio is generally 1:2. However, this ratio can vary depending on the particular type of rice used or the cooking method used: Example 1 Organic basmati rice requires more
water while cooking and parboiled basmati rice will need more water as compared to regular basmati rice. For this reason, I recommend that you use a rice youre familiar with when cooking pulao in a pressure cooker, generally less water is added. The steam
generated in the cooker helps in cooking the rice grains. However, the amount of water to be added will depend upon the size of the cooker. For example, in larger cookers, more water has to be added. There are many variations that can be made in a pulao recipe. From adding different vegetables to using a vegetable stock or spicing with unique
spices. See the points mentioned below. Various types of vegetables can be added in a pulao recipe, either alone or in a combination of two to three or more, depending on what you and your family like and prefer. Usually, a vegetable pulav is made with veggies like green peas, cauliflower, french beans, carrots, and potatoes. Apart from these
vegetables, you can also add broccoli, capsicum (bell peppers), cabbage, beetroot (beets), tomatoes and even edible mushrooms. The flavors and taste of pulao will vary with the type of vegetables added to it. There are many pulao varieties made in the Indian cuisine with a mix of various masala or spice pastes and ingredients including: Curd or
yogurt Coconut milk: for example Coconut milk pulao or Brinji rice Green masala Paste: Green pulao includes a green masala paste made from coriander leaves, green chilies (chili pepper), ginger and garlic. Some fresh coconut can also be added. Green pulao is similar to chutney pulao. Red Masala Paste: Used in making red
pulao and similar to green masala paste, however tomatoes are used as one of the major flavor and taste contributors. Pulao or Biryani Masala: A ground spice blend used in stead of whole spices. Vegetable stock has a different taste and color. Spices
and Herbs: You can always alter the amount of spices and herbs as per your taste. If you like spicy veg pulao then you can add more green chilies (chili pepper) and include some spice powders like garam masala powder or red chili pepper) and include some spice powders like garam masala powder or red chili pepper) and include some spice powders like garam masala powder or red chili pepper) and include some spice powders like garam masala powder or red chili pepper) and include some spice powders like garam masala powder or red chili pepper) and include some spice powders like garam masala powder or red chili pepper) and include some spice powders like garam masala powder or red chili pepper) and include some spice powders like garam masala powder or red chili pepper) and include some spice powders like garam masala powder or red chili pepper) and include some spice powders like garam masala powder or red chili pepper or red chili pep
pulao. A vegetable pulao can be made more delicious and similar to a restaurant-style dish by incorporating the following methods: Add some crisp golden fried onions (birista) as a garnish on the vegetable pulao. Fried caramelized onions not only taste good but also give a nice crunch in the soft textured pulao. Add some fried dry fruits & nuts like
cashews, almonds and raisins. You can even add some saffron strands while cooking pulao. This will impart the lovely saffron aroma and flavor in the pulao. Even rose water or kewra water can be added. Veg Pulao can be cooked in five ways: In a pan or pot (as shown in this recipe post) In a Pressure Cooker Using an Instant Pot In an electric cooker
In a microwave ovenYou can use any of the above methods for cooking pulao, but just remember to add the correct amount of water. For example, in an electric cooker, you will need to add more water and in a pressure cooker you will need to add the correct amount of water. For example, in an electric cooker, you will need to add more water and in a pressure cooker you will need to add the correct amount of water. For example, in an electric cooker, you will need to add more water and in a pressure cooker you will need to add the correct amount of water.
of the rice youre using. For most types of rice, 1 part rice to 2 parts water is a good starting point. However, some types of rice are better with a ratio of 1:1.5 or 1:2.5. Factors that will need), quality, and whether or not you soaked it (soaked rice requires less water). I
suggest experimenting with whatever rice you cook with most often; once you know the proper ratio for your brand, you should be able to translate that into this recipe is one of the popular pulao recipe in India where fragrant long-grain basmati rice is cooked with fresh vegetables, herbs, and a few aromatic spices. There are
different recipes for pulao available like tawa pulao, Kashmiri pulao, mutter pulao, etc but this delicious vegetable pulao recipe is a very simple pulao recipe and can be prepared easily at home without any extra effort. In this post, you will learn how to make veg pulao? There are different ways to prepare pulao recipe like instant pot
pulao, pulao in cooker, and stovetop plain pulao, but this veg pulao recipe is not only super easy but also very delicious to taste. If you are planning to cook something delicious dish for your family dinner then this pulav recipe is the best option for you. Note: if you are planning to cook something delicious dish for your family dinner then this pulav recipe is the best option for you. Note: if you are planning to cook something delicious dish for your family dinner then this pulav recipe is not only super easy but also very delicious dish for your family dinner then this pulav recipe is not only super easy but also very delicious dish for your family dinner then this pulav recipe is not only super easy but also very delicious dish for your family dinner then this pulav recipe is not only super easy but also very delicious dish for your family dinner then this pulav recipe is not only super easy but also very delicious dish for your family dinner then this pulav recipe is not only super easy but also very delicious dish for your family dinner then this pulav recipe is not only super easy but also very delicious dish for your family dinner then this pulav recipe is not only super easy but also very delicious dish for your family dinner then the your family dinner then the your family dinner then the your family dinner the your fami
like to see our in-depth step by step recipe preparation keep reading! What is vegetable pulao is the most popular rice recipe preparation keep reading! What is vegetable pulao recipe preparation keep recipe preparation
green cardamom clove, cumin seed. Serve hot this aromatic veg pulav recipe with gravy paneer dish including paneer makhani, shahi paneer, etc.or you can serve chicken curry, chicken korma, Butter chicken or egg curry with this pulav. Tips to cook the best pulao recipe Rice: The main ingredient to cook the best veg pulao recipe is long-grain
flavorful basmati rice so buy it from any popular brand available in the market and then wash it thoroughly in running water and soak in water for at least 25 min. Vegetables For Pulao: For preparing the best vegetable pulao recipe will
become super delicious if you use a pinch of nutmeg powder, and freshly chopped pudina leaves. Cooking Method: As this is a quick pulao recipe, whether you prefer the stovetop or pressure cooker method in both ways you can make a super delicious, flavorful veg pulao recipe. You May Like[related-posts-thumbnails posts number=4]
Veg pulao recipe videoIf you want to watch veg pulao recipe, and the veg pulao recipe, and the veg pulao recipe is classified into two simple categories, first one is preparation for veg pulao recipe, and the veg pulao recipe, and the veg pulao recipe is classified into two simple categories, first one is preparation for veg pulao recipe, and the veg pulao recipe is classified into two simple categories, first one is preparation for veg pulao recipe.
make it now. Preparation for veg pulao recipe 1. Before preparing the veg pulao recipe in a bowl wash 250 to 300 grams of fragrant long grain basmati rice from any popular brand and 2. Wash them thoroughly in running water and soak them in water for up to 30 min. Note: Now before making the vegetable pulao recipe boil 10 to 15 soya beans and
chopped them into small pieces and set aside for later use. Also, chopped and wash all the vegetable pulao recipe pour 3 to 4 tlsp oil into a pan, and spread it evenly on medium flame. 2. Add whole spices 1 small bay leaf, 3 to 4 green cardamom, 3 to 4 cloves, 1 black
cardamom, and 2-inch cinnamon. 3. Also, add 2 tsp cumin seed. 4. Now, saute them in medium flame for up to 45 sec to 1 min until it gives a beautiful aroma. 5. After that add 2 medium flame until the onions become translucent. 7. Then add 1 tbsp ginger-garlic
paste. 8. Saute everything on low flame until the raw smell of all ginger garlic paste completely goes away. 9. Now add 3 to 4 tbsp chopped carrot or 1 medium-size carrot, 11. add 3 tbsp chopped french beans, 12. Also, mix 3 tbsp green peas 13. Finally mix 10 to 12 boiled, shred soya
beans 14. Now saute this mixture in medium to low flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some water in Kadai. 16. Now saute this mixture in medium to low flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some water in Kadai. 16. Now saute this mixture in medium to low flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some water in Kadai. 16. Now saute this mixture in medium to low flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some water in Kadai. 16. Now saute this mixture in medium to low flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some water in Kadai. 16. Now saute this mixture in medium to low flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some water in Kadai. 16. Now saute this mixture in medium to low flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some water in Kadai. 16. Now saute this mixture in medium to low flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some water in Kadai. 16. Now saute this mixture in medium to low flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some water in Kadai. 16. Now saute this mixture in medium to low flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some flame for up to 3 to 4 min. 15. To avoid any stickiness of veggies pour some flame fla
1/8 tsp mace powder, 21. Finally, add 1 tsp salt and check the taste. If required add now. 22. Let the water boil for some minutes. 23. Then add drained rice to it. 24. Now gently mix the rice with veggies. 25. Next, cover the pan with a lid and cook this pulav recipe on low flame until rice absorbed all the water. 26. Then open the lid and fluff the rice
from one side with a sharp spatula without breaking any rice grain. Finally rest this aromatic vegetable pulao recipe as it is for at least 4 to 5 min then serve it hot with some salad and raita whatever you like. Veg Pulao Recipe CardHere is a quick overview of all the ingredients of veg pulao recipe including the quick step-by-step preparation of
vegetable pulao recipe shown in the recipe card. Take note of all ingredient lists. Print Pin This veg pulao recipe is one of the quickest delicious pulao recipe in India in which fragrant long grain basmati rice is cooked with fresh vegetables, herbs, and a few aromatic spices. Must try this tasty vegetable pulao recipe for your family. Keyword how to
make pulao, pulao in cooker, pulao recipe, veg pulao recipe, veg pulao recipe, vegetable pulao recipe pulao re
cinnamon1 tsp cumin seed1 thinly sliced large onion2 to 3 chopped green chili1 tbsp ginger garlic paste3 to 4 tbsp chopped last to tastewater to boil all veggies1 tsp nutmeg powder or jaiphal1/2 tsp strand mace or javithri2 to 3
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tbsp chopped pudina leaves 200 to 250 gm basmati rice 1 lt to 1.5 lt water to soak riceTo prepare the best vegetable pulao to wash good quality basmati rice thoroughly in running water then soak them for up to 15 to 20 min. Now, boil soya chunks then shred and chopped the soya chunks into small pieces and set them aside for later use. Next to make

translucent. Furthermore, add ginger-garlic paste and saute in low flame until the raw smell of ginger garlic paste goes away. Now add chopped capsicum, carrots, french beans, green peas, boiled soya chunks and saute this mixture in medium to low flame for up to 3 to 4 min. After that, pour some water and saute this mixture for another 1 to 2

veg pulao recipe, pour oil into a pan and spread it evenly on medium flame. Then add some whole spices including bay leaf, green cardamom, clove, cumin seed and saute for some time in medium flame until onions become

ninuteFurthermore, pour a sufficient amount of water to boil one side with a sharp spatula without breaking any rice grain oulao from one end.Serving: 3g Calories: 344kcal Carbohyo	ithis gravy.Also add salt, nutmeg powder and mace powden.Finally rest the veg pulao as it is for at least 4 to 5 min the drates: 15g Protein: 3g Fat: 31g Saturated Fat: 2g Po	er and pudina leaves.When water starts boiling ad len serve it hot with some salad and raita.If you w olyunsaturated Fat: 27g Cholesterol: 11mg Sod	ia arained rice to it.Now make a quick stir of vant to cook veg pulao in cooker then cover th lium: 277mg Fiber: 2g Sugar: 2g	rice, cover the pan with a lid and cook the rice in le ne cooker lid and cook on medium-high flame up to	ow name until all water is absorbed the rice.Then o 1 whistle.Turn off the gas, carefully release the pre	pen the lid and fluff the rice fror essure, open the lid, and fluff the
Veg pulao recipe in tamil step by s	step. Veg pulao recipe in english. Ve	eg pulao recipe. Veg pulao rec tam	cipe restaurant style. Simple ail. Veg pulao.	e pulao recipe without vegetabl	les. Veg pulao recipe in telugu.	Veg pulao recipe ir