

# Peas Pulao



*The tastes and aromas  
of Indian food by  
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This is just one of the many versions of a rice dish that a lot of Indians consider part of daily life. I hope you will include it in your daily repertoire because it is key to the rounded flavours in poultry, meat or vegetarian based meals. Serve it with fish curry or chana masala.  
Bon Appetite!



## Ingredients

- 1 tea cup Basmati rice
- 2 tbsp olive oil / cooking oil
- 1 tsp cumin seeds (jeera)
- 2-3 cloves
- 2" piece of cinnamon
- 2-3 pods green cardamom
- 2-3 pieces mace
- 2 pieces star anise
- 1 large onion, thinly sliced
- 3/4 tsp turmeric powder
- Salt to taste
- 200gm frozen baby peas
- 4 cups boiled water
- Cashews, unsalted



## Let's Create

1. Heat an 8-10" non-stick pot or deep pan with oil. Add the whole spices and sliced onion. Saute well till tender and golden brown.
2. Drain the rice and add to the pot. Add turmeric powder and salt to taste.
3. Add peas and pour in the boiled water. For a better taste, add a tsp of butter and gently stir.
4. Cover and simmer on a low heat for about 10 mins. Gently try to bring rice from bottom to top from all sides (we don't want the rice grains to become mushy).
5. Now add the cashews and stir gently into the rice. Cook it for another 5 mins until rice is soft.