

## Mint – Cilantro Veggie Rice

### Ingredients:

Basmati Rice – Soak for ½ hr in 2 cups of water	2 cups
Water	1/2 cup
Fresh Green Beans Chopped 1 Inch Pieces	1 cup
Carrots Chopped 1 Inch Pieces	½ cup
Frozen Green Peas (Thawed)	½ cup
Cubed Potatoes	1 cup
Thai Green Chillis	1
Ginger	½ inch piece
Fresh mint leaves	1 cup
Fresh Cilantro chopped	½ cup
Cloves	2
Cinnamon stick 2 inch piece	1
Cooking oil	1 cup
Red Chilli Powder (optional)	1 tbsp
Turmeric powder	1 tsp

### Preparation Method:

- Add Soaked rice to Pressure pan or instant pot along with soaked water and 2 tbsps of cooking oil and pressure cook the rice. Allow it to cool down completely.
- Blend washed mint leaves, cilantro, green chills and ginger with little water and set aside.
- Heat oil in a flat bottom pan and add cloves and cinnamon stick and fry for a few seconds. Then add cubed potato pieces. Sauté for 5 mins by stirring to ensure potatoes are coated with oil and fry them on medium-high flame.
- Add chopped carrot pieces, chopped green beans and green peas. Saute in oil on medium high flame.
- Add turmeric and salt to taste and mix well. Cook covered till they are done 70%.
- Add Red Chilli (pepper) Powder and mix well.
- Add ground mint-cilantro mixture to the cooked veggies and mix well. Keep the pan covered and cook till all the veggies are well coated and cooked. Remove the lid and cook for another 2 mins. Switch off.
- Add cooked rice and mix well and serve hot.

## **Tapioca Pudding:**

### **Ingredients:**

Tapioca pearls – 1 cup washed and soaked overnight in ½ cup water

Coconut milk - 2 cups

Boiled water - 2 cups

Sugar - 1/3 cup

Cardamom powder (freshly ground) 1 tsp

Saffron strands (optional) a few – soaked in 2 tbs of warm water

Fruits of your choice – chopped mangoes, strawberries or blue berries, bananas

### **Preparation method:**

- Take a pan, boil 2 cups of water.
- Add soaked tapioca pearls and cook till they turn translucent. Keep stirring while cooking. It will just take a couple of mins. Add soaked saffron strands and mix well.
- Add 2 cups of coconut milk and mix well. Cook for 5 – 7 mins till the mixture thickens a bit.
- Add sugar and cardamom powder and mix well. Switch off the stove.
- Let it cool down completely. Then add chopped fruits of your choice and refrigerate the pudding for 1 hour.
- Chilled tapioca pudding is ready to serve.