

## Vegetarian Rice Pilaf



### INGREDIENTS:



Mixed Vegetables 2 cups



Rice 1 cup



Cardamom 4 pods



Cumin Seeds 2 tsp



Cinnamon Powder 2 tsp



Craisins (Optional) ¼ cup



Ghee 2tsp



Salt to taste



### DIRECTIONS:

1. In a microwave safe container, take 2 cups of mixed vegetables and microwave for 2 minutes. Keep Aside.
2. Wash rice and keep aside.
3. In another microwave safe container ,add ghee and microwave for 1 minute
4. Add 4 crushed cardamoms and cumin seeds. Microwave for 1 minute.
5. Add veggies, washed rice, cinnamon powder and salt.
6. Add 2 cups of water. Cover and microwave for 4 minutes.
7. Remove from microwave and adjust seasoning and water. Add craisins if you are using them.
8. Microwave for 4 minutes.
9. The cooking timings may vary depending on your microwave settings.

## Cauliflower or Broccoli Side



### INGREDIENTS:



Cauliflower  
or Broccoli      ½  
head



Fennel  
powder      1 tsp



Ginger  
(crushed)      1 inch



Ghee      2 tsps



Red chilli  
powder      1 tsp  
or to  
taste



Salt to  
taste



### DIRECTIONS:

1. Cut the Cauliflower or broccoli into florets.
2. In a microwave safe bowl, add oil and microwave for 1 minute.
3. Add all the other ingredients to the hot oil/ghee.
4. Microwave for 3 minutes.
5. Remove from the microwave and stir.
6. Microwave for 2 minutes.
7. Yummy side is ready!

## Beet or Potato Side



### INGREDIENTS:



Beet or Potatoes 2 each



Onion cut into squares ½ medium sized



Cardamom pods 2 pods



Ginger Garlic paste 2 tsps



Turmeric powder ½ tsp



Red Chilli powder 1 tsp or to taste



Ghee 2 tsps



Salt to taste



### DIRECTIONS:

1. Cut onion into squares.
2. Crush ginger, garlic and cardamom together.
3. Cut thin slices of beet root and quarter them. If you are using potatoes, dice into small chunks.
4. In a microwave safe bowl, add oil and microwave for 1 minute.
5. Add ginger + garlic + cardamom paste and onions.
6. Microwave for 2 minutes.
7. Add the beets or potatoes, turmeric, chilli powder and salt.
8. Mix well and add ½ cup of water.
9. Microwave for 3 minutes.
10. Remove and stir. Add water if the mixture is too dry.
11. Microwave for 2 minutes.
12. Yummy side is ready!