

Bell Pepper or capsicum rice

for masala powder:

2 tbsp peanuts / groundnuts
½ tsp chana dal
½ tsp urad dal
1 tsp coriander seeds
½ tsp cumin seeds
1 tsp sesame seeds
4-5 dried red chilies

other ingredients:

2 tbsp oil / ghee
1 tsp mustard seeds
few curry leaves
1 medium sized onion (thinly sliced)
1 cup Bell Peppers (green, yellow, red, thinly sliced)
1 carrot (grated) (optional)
Cashews 5-6 (optional)
½ tsp turmeric
½ tsp garam masala
salt to taste
2 cups cooked basmati rice
2 tbsp coriander leaves (finely chopped)

INSTRUCTIONS

1. In a thick bottomed pan dry roast peanuts till the skin separates. You can also use pre-roasted peanuts and skip the roasting step.
2. Add chana dal, urad dal, coriander seeds, cumin seeds, sesame seeds and red chili.
3. Dry roast on low flame till the spices turn aromatic.
4. Cool down the spices completely and coarsely powder them. keep aside.
5. In a large pan heat oil or ghee, add mustard seeds and curry leaves.
6. Sauté slightly and allow to splutter.
7. Add onions and sauté till they turn slightly golden brown.
8. Add colored bell peppers and sauté.
9. Add turmeric, garam masala, prepared masala powder and salt.
10. Sauté for a minute or till the spice powder turn aromatic.
11. Now add cooked basmati rice.
12. Mix gently without breaking rice grains.
13. Cover and simmer for 5 minutes or till the rice absorbs the masala.
14. Add coriander leaves and serve.
15. Fry cashews and add as a topping to the rice.
16. Finally, serve bell pepper masala rice garnished with few onion slices, lemon and coriander leaves.
17. **Capsicum masala rice** tastes great when served hot with raita.

Enjoy this very simple yet very flavorful recipe

Additional notes:

Add vegetables like peas and beans to make rice more nutritious.

Slight adaptation of recipe from Hebbar's kitchen