



Functional Recipe Book

A book containing healthy yet easy-to-make recipes that leave you feeling satiated while improving your immunity and overall health!

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Methi Pulao

🕒 Time Required: **20 min**

🍴 Serving Size: **3**

🍷 Nutritional Information (per 100g)

Calories	133 Cals
Protein	2.1 g
Fats	6.0 g
Carbs	18.4 g
Fibre	0.9 g

🌱 Ingredients

Salt, table 1.0 tsp

Onion big 1.0

Water tap drinking 3.0 cup

Ghee (cow) 2.0 tbs

Cardamom 3.0 g

Cashewnut 10.0 g

Rice parboiled milled 10% 1.5 cup

Chillies green 2.0 g

Cinnamon 1.0 g

Ginger fresh 1.0 g

Garlic dry 4.0 clove

Coconut milk 1.0 cup

Spices, dill seed 1.0 tsp

Methi Leaves/fenugreek Leaves 10 g



Preparation Method

①

Wash and soak the rice for 20 minutes.

②

Heat ghee, add garlic cloves and fry for a bit. Add the methi/ fenugreek, coriander, and mint leaves and saute till the water dries.

③

Add the tomato and saute for 2 minutes on a medium flame.
Add the rice saute for 2 minutes on a medium flame.

④

Add water, salt, and other spices, mix well, and simmer it covered with a lid till the rice is cooked.

⑤

Serve hot.

Brown Rice Pulao

🕒 Time Required: **25 min**

🍴 Serving Size: **2**

🍷 Nutritional Information (per 100g)

Calories	123 Cals
Protein	3.7 g
Fats	2.2 g
Carbs	22.2 g
Fibre	4.5 g

🍷 Ingredients

Salt, table 0.8 tsp

Cloves dry 1.0 g

Cinnamon 1.0 g

Ginger garlic paste 4.0 g

Classic green chilli paste 1.0 tsp

Water tap, drinking 1.0 ml

Rice, brown, medium grain, raw 0.5 cup

Carrot 0.75 cup

Onions raw 0.5 cup, sliced

Cardamom 1.0 g

Ghee (cow) 1.0 teaspoon

Spices, bay leaf 1.0 g

Cooking oil (groundnut, gingelly, palm oil, mustard, coconut) 1.0 tsp

Biryani masala, sunrise 1.0 tsp

Cumin seeds 0.5 tsp whole

French beans 0.75 cup

Peas green 0.75 cup

Preparation Method

- ① Wash the rice and soak in water for at least 2 hours.
- ② Heat oil in a pressure cooker add whole spices- cumin seeds, cloves, cardamom, cinnamon, and bay leaf. Saute for a minute.
- ③ Add ginger garlic paste and saute for 30 seconds. Add onions and green chilli paste. Saute till onions become golden brown.
- ④ Add all the chopped vegetables and saute for 30 seconds. Add onion and green chilli paste. Saute till onions become golden brown.
- ⑤ Add all the chopped vegetables, saute for a while and then add soaked rice.
- ⑥ Add salt and biryani masala along with water. Stir cover the lid and cook for 4-5 whistles or till rice is fluffy and water is absorbed. Serve hot with curd or raita.

Brown Rice Khicchdi

🕒 Time Required: **20 min**

🍴 Serving Size: **3**

🍷 Nutritional Information (per 100g)

Calories **97 Cals**

Protein **2.1 g**

Fats **0.3 g**

Carbs **21.5 g**

Fibre **0.4 g**

🍷 Ingredients

Salt, table 1.0 tsp

Turmeric 1.0 tsp

Cooking oil 1.0 tbsp

Water, tap, drinking 4.0 cup

Rice, brown, long grain, raw 0.5 cup

Cumin seeds 1.0 tsp whole

Spices, chilli powder 1.0 tsp

Asafoetida 1.0 tsp, whole

Green gram dal 0.5 cup

Brown Rice Khichddi

Preparation Method

- ① Wash the rice and lentils. Soak in 3 cups of hot water for 30 minutes.
- ② Heat oil in a pressure cooker add asafoetida and cumin seeds.
- ③ When the seeds start to crackle, add chopped onions and saute for a minute.
- ④ Add chopped ginger, garlic, and chillies to the onions and saute for 5 min.
- ⑤ Add the tomato puree and the remaining spices, saute for a minute.
- ⑥ Drain the rice and lentils to onion-tomato mix, mix well.
- ⑦ Add 2 cups of water, close and pressure cook for two whistles. Serve hot.

Sprout Khicchdi

🕒 Time Required: **20 min**

🍴 Serving Size: **3**

🍷 Nutritional Information (per 100g)

Calories **91 Cals**

Protein **2.8 g**

Fats **0.7 g**

Carbs **19.0 g**

Fibre **1.1 g**

🌱 Ingredients

Salt, table 1.0 tsp

Garlic raw 1.0 tsp

Ghee (cow) 1.0 tbsp

Spices, chilli powder 0.75 tsp

Water, tap, drinking 1.25 cup

Cumin seeds 1.0 tsp whole

Onions raw 1.0 tsp

Mixed sprouts 1.0 katori

Asafoetida 0.1 g

Rice, raw, milled 10% 0.5 cup

Preparation Method

- ① Pick and wash rice in plenty of water and soak in sufficient water for half an hour.
- ② Heat ghee in a non-stick pan and add cumin seeds. Stir fry over high heat till it starts changing colour. Add cinnamon stick, turmeric powder, crushed black peppercorns and slit green chillies and stir fry for a while. Add the cut carrots and cauliflower and mix well.
- ③ Drain and add the soaked rice and salt to taste, stir briefly and add two and half cups of water. Bring the rice to a rapid boil, add the sprouted moong and matki.
- ④ Reduce heat and simmer for fifteen to twenty minutes, stirring frequently or until the rice is lightly mashed and completely cooked. Serve hot.

Vangi Bhaat

🕒 Time Required: **25 min**

🍴 Serving Size: **3**

🍷 Nutritional Information (per 100g)

Calories	115 Cals
Protein	2.2 g
Fats	4.2 g
Carbs	17.3 g
Fibre	1.3 g

🍷 Ingredients

Salt, table 1.0 tsp

Cooking oil 1.0 tbsps

Water, tap, drinking 3.0 cup

Brinjal 2.0 cup, cubes

Bengal gram, dhal 5.0 g

Mustard seeds 0.5 tsp

Cumin seeds 0.5 tsp, whole

Rice, raw, milled 10% 1.5 cup

Chillies green 2.0 g

Cinnamon 1.0 g

Pepper dry (black) 5.0 g

Cloves, dry 4.0 g

Chillies dry 5.0 g

Spices, turmeric ground 0.5 tsp

Coriander 1.5 tsp

Buttermilk 0.5 cup

Preparation Method

- ① Soak the rice in water for about 15-20 minutes. Pressure cooks the rice up to 2 whistles.
- ② Once the rice is cooked, spread the rice in a plate and allow it to cool.
- ③ Prep the ingredients- thinly slice the onions and salt the green chilli lengthwise. Cook and keep the ice ready. I used basmati rice, but any white rice will do.
- ④ We have 2 sets of spices- one for the vangi bath mix, and the second one for frying in oil.
- ⑤ Heat a pan, and dry fry the vangi bath mix ingredients. I usually add dry chillies after the other ingredients turn golden brown. Dry chillies might burn if you add them in the beginning.
- ⑥ Set aside to cool. Blitz in a mixer to fine powder. This is our vangi bath mix.
- ⑦ Cut the eggplants (brinjal) to small pieces. Heat some oil in a pan, splutter mustard seeds, followed by bay leaf, cumin seeds and cardamom.



Preparation Method

8

Add brinjal, turmeric, salt and mix well.

9

Cover and cook on a low flame till the brinjal pieces are tender.

10

Add the ground vangi bath mix. Mix well and cook for a few minutes (without closing the lid) stirring occasionally.

11

Add 2 tablespoons water so that the rice (when we add it) will be moist enough.

12

Switch off the flame. Add boiled rice. Mix well so that masala gets evenly distributes, and the rice gets fully coated. Add a drizzle of ghee to enhance the flavours.