

# Vegetable Pulao (Nepal)

## Ingredients

2 cups basmati rice  
 1 brown onion  
 1 large potato  
 1 large carrot  
 1 large tomato  
 ½ cup frozen peas  
 ½ lemon, juiced  
 4 cloves garlic  
 3cm piece ginger  
 1 ½ long green chillies  
 2 spring onion (green parts only)  
 ½ bunch silverbeet (optional)  
 Large handful snow peas (optional)  
 4 cups water  
 Salt and pepper  
 Oil

## Spices

1 tsp cumin seeds  
 2 bay leaves  
 1 cinnamon stick  
 4 cardamom pods  
 4 cloves  
 ½ tsp turmeric  
 ½ tsp garam masala



## What to do:

- 1) Cover the rice with water and soak for 20 minutes. Then drain well
- 2) Peel the potatoes. Wash and dice into 1.5cm pieces
- 3) Peel the carrot. Cut into four long sticks, then dice
- 4) Wash the snow peas, spring onion and silverbeet. Remove the string and ends from the snow peas. Slice into pieces
- 5) Finely slice the spring onion
- 6) Remove the leaves from the silverbeet stems. Roll into a ball and finely shred
- 7) Chop off the ends off the silverbeet stems, then slice into pieces
- 8) Dice the tomato into 1cm pieces
- 9) Peel the garlic. Roughly chop. Sprinkle with salt and smash into a paste using a fork
- 10) Remove the skin from the ginger. Finely grate
- 11) Remove and discard the seeds and pith from the chilli. Finely chop
- 12) Heat 2 Tbs oil in a large pot. Add cumin and cook for 1 minute
- 13) Add the bay leaves, cinnamon, cardamom and cloves. Cook for 1 minute
- 14) Add the onion. Cook stirring for 5 minutes
- 15) Add the garlic, ginger, chilli, turmeric and garam masala. Stir. Cook for 3 minutes
- 16) Add the tomatoes, mix to combine and cook for 1 minute
- 17) Add the potato, carrot, frozen peas, snow peas and silverbeet stems. Mix well. Cook for 5 minutes
- 18) Season with salt and pepper and stir through the lemon juice
- 19) Add the drained rice. Mix together. Cook for two minutes then add the water
- 20) Bring to the boil. Cover the pot with a lid, turn the heat down as low as it will go. Cook the rice for 18 minutes without lifting the lid
- 21) After 18 minutes turn off the heat. Leave the lid on and let the rice sit for 10 minutes
- 22) Stir through the silverbeet leaves and spring onion
- 23) Serve and enjoy

### ***Bonus Writing Challenge***

It's September and the first of month of Spring. The sun is shining. The weather is warming up and the days are getting longer.

This week's bonus Kitchen Garden Activity is to write an 'Acrostic Poem'. Your poem could be about the season of 'Spring' or it could be about any fruit, vegetable or herb that is plentiful at this time. Some examples include:



To write an Acrostic Poem, write the name your chosen word vertically down the page in CAPITAL LETTERS. The first letter of each line is then used to spell out a word or phrase related to the word you have chosen. For example, I have chosen SPRING:

**S**hining sun  
**P**retty plants flower  
**R**ain falls lightly  
**I**ncredible growth  
**N**ew life begins  
**G**reat time to plant

Write your poem on an A4 piece of paper and decorate with drawings. Upload a photo of your poem to Seesaw and I will create a poem wall in the kitchen. Remember to add your name and class.