

4 plum tomatoes, diced
2 roasted red peppers, drained and sliced into 1/2- inch strips
1 cup green peas
Lemon wedges, for serving

Method

Heat oil in a large pan over medium heat. Season chicken with 1 tsp salt and 1/4 tsp pepper. Cook, turning, until golden on all sides, for about 10 minutes. Transfer to a plate. Add onion, garlic, salt and 1/4 tsp pepper to pan. Cook, stirring frequently, until onion has softened, which should be in 3 to 5 minutes. Stir in rice, tomatoes, pepper and 1 and 1/2 cup water and chicken pieces in rice mixture. Bring to a boil, reduce heat.

POTATO RICE

This is a simple and delicious one pot meal made with potatoes and rice. It makes a perfect lunch box recipe. It is very easy to make while being healthy and filling at the same time. Kids and adults will love this a lot.

Ingredients

2 cups rice
1 1/2 onion, chopped
20pcs baby potato
1 tsp grated ginger
1 tsp cumin seeds
1 tsp cumin powder

**Method**

Cook the rice separately and keep aside. Heat oil in a wide vessel and splutter some cumin seeds. Sauté the onions, green chills and ginger. Add cilantro and curry leaves. Add potato and cumin powder. Mix it properly, cover and cook. When the potatoes are well cooked, mix the cooked rice and garam masala powder. Add salt and lemon juice. At last add chopped coriander and switch off. Serve hot.

FISH RICE**Ingredients**

2 cups basmati rice
4 fish fillets
1 onion
2 green chilli is
2 tbsp ginger-garlic paste
2 tomatoes, crushed
Coriander leaves, handful
Mint leaves, handful
2 tsp chilli powder
1 tsp coriander powder
1 tsp cumin powder
1 tsp cumin powder
1/4 tsp turmeric powder
1/2 cup curd
Salt to taste
2 tbsp ghee
1 tsp cumin seeds
5 cloves
2 pieces cinnamon stick
2 pods cardamom



1 bay leaf
10 Cashew nuts/ Almond
For fish
4 tbsp oil
1/2 tsp chilli powder
1/2 tsp salt, 1/4 tsp turmeric powder
1/4 tsp pepper
1 egg

Method

Wash and soak the rice for half an hour. Fry the rice in 1tbsp of ghee and keep aside. Cut the fish fillets into small pieces. Take a small bowl, beat the egg with chilli powder, pepper powder, salt and turmeric powder. Coat the fish pieces with above mixture and shallow fry it. Keep it aside. Heat ghee in a deep pan and add cinnamon, cardamom, bay leaf and cloves. Add onion and fry it until golden brown. Add the ginger-garlic paste and green chillies and fry for 2-3 minutes. Add the tomato purée along with the chilli powder, coriander powder, cumin powder, turmeric powder and curd and fry till a nice spicy paste is formed. Add the nuts to this mixture. Put the mixture with the rice into a pan with 3 cups water and let it cook. When the rice is done add the fried fish pieces to it. Gently toss everything without breaking the rice and keep covered for 10 minutes. When it is done garnish with coriander and mint leaves, and few fried fish pieces on top. Serve hot with raita.

Photo: Collected

Cover, and simmer over medium-low heat until rice is tender. Sprinkle peas over contents of pan, cover, and remove from heat. Set aside until peas are heated through, about 10 minutes. Serve with lemon wedges, if desired.

1/2 tsp garam masala powder
4 green chilli
1 lemon, juice
Coriander, handful
2-3 strands curry leaves
Salt to taste

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