

Spiced Beetroot and Carrot Rice

A vibrant and nutritious dish featuring cooked rice tossed with earthy beetroot, sweet carrots, and a hint of spice from chillies and curry leaves. This colorful meal is perfect for a quick lunch or dinner.


15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup cooked rice
- 1 small beetroot, grated
- 1 small carrot, grated
- 1 green chilli, finely chopped
- 6-8 curry leaves
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 1 tablespoon oil
- Salt to taste
- 1/4 teaspoon turmeric powder

Steps

- 1 Heat oil in a pan over medium heat.
- 2 Add mustard seeds and cumin seeds; let them splutter.
- 3 Add chopped green chilli and curry leaves, sauté for a minute.
- 4 Stir in the grated beetroot and carrot; cook for about 3-4 minutes.
- 5 Add turmeric powder and salt; mix well.
- 6 Fold in the cooked rice gently until well combined, ensuring the rice is heated through.
- 7 Serve hot, garnished with extra curry leaves if desired.