

SIDE DISH

Indian-Style Green Tomatoes and Vegetables Over Rice

22 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.65	188 kcal

The recipe Indian-Style Green Tomatoes and Vegetables Over Rice can be made in around 45 minutes. This side dish has 188 calories, 4g of protein, and 4g of fat per serving. This recipe serves 4 and costs 65 cents per serving. This recipe is liked by 1 foodies and cooks.

Ingredients

☐ 1 cup chopped baking potato	☐ 1 teaspoon black mustard seeds
☐ 1 cup chopped cauliflower	☐ 2 cups hot cooked basmati rice
☐ 1 cup chopped green tomato	☐ 1½ teaspoons ground coriander
☐ 1 teaspoon ground cumin	☐ 0.1 teaspoon ground red pepper
☐ ½ teaspoon ground turmeric	☐ ½ teaspoon salt
☐ 1 tablespoon vegetable oil	☐ 1 cup water

EQUIPMENT Frying pan

Method

- 1 Heat the oil in a large nonstick skillet over medium-high heat.
- 2 Add the mustard seeds; cook for 1 minute.
- 3 Add potato and next 7 ingredients (potato through red pepper), stirring until blended.

- 4 Add water; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender. Uncover and cook 4 minutes or until liquid evaporates, stirring frequently.
- 5 Serve over rice.

Nutrition per serving

188	4 g	4 g	34 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.7 g · 4% of daily needs
Fibre			2.3 g · 9% of daily needs
Sugar			2.6 g · 3% of daily needs
Sodium			311 mg · 14% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			25.1 mg · 30% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/indian-style-green-tomatoes-and-vegetables-over-rice-144423