



## Pilau with peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



383 kcal

SIDE DISH

## Ingredients

- 500 g rice
- 6 tbsp vegetable oil
- 2 tsp cumin seeds
- 8 cloves
- 3 onion chopped
- 3 to 2 chilies slit split green
- 3 bay leaves
- 700 ml vegetable stock

250 g pea-mond dressing frozen

## Equipment

frying pan

## Directions

- Wash the rice, then soak in enough cold water to cover for 15 mins. Meanwhile, heat the oil in a large pan with a lid, add the cumin seeds and cloves, then fry until fragrant. Stir in the onions, then reduce the heat and cook with the lid on for 10 mins, stirring occasionally or until soft.
- Add the chillies and bay leaves, then increase the heat and fry until the onions are golden.
- Drain the rice, then add it to the onions and spices, stirring to coat the grains with oil. Cover the rice with stock and bring to a simmer. Scatter the frozen peas on top, put the lid on, then cook on a very low heat for 12–15 mins dont be tempted to remove the lid.
- Turn the heat off and leave, with the lid on, for another 5 mins. Lightly fluff up the rice with a fork before serving.

## Nutrition Facts



## Properties

Glycemic Index:22.4, Glycemic Load:33.26, Inflammation Score:-5, Nutrition Score:10.360434760218%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

## Nutrients (% of daily need)

Calories: 382.58kcal (19.13%), Fat: 10.97g (16.87%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 62.94g (20.98%), Net Carbohydrates: 58.7g (21.35%), Sugar: 4.17g (4.64%), Cholesterol: 0mg (0%), Sodium: 411.31mg (17.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.87%), Manganese: 1.02mg (51.12%), Folate: 78.01µg (19.5%), Vitamin K: 19.83µg (18.88%), Fiber: 4.23g (16.94%), Selenium: 10.47µg (14.95%), Phosphorus: 135.46mg (13.55%), Copper: 0.24mg (12.14%), Iron: 1.76mg (9.78%), Magnesium: 38.8mg (9.7%), Vitamin B6: 0.19mg (9.35%),

Vitamin B1: 0.13mg (8.63%), Vitamin B5: 0.81mg (8.14%), Zinc: 1.19mg (7.9%), Vitamin E: 1.03mg (6.89%), Potassium: 230.6mg (6.59%), Vitamin C: 5.26mg (6.38%), Vitamin B3: 1.23mg (6.15%), Calcium: 40.95mg (4.1%), Vitamin A: 199.94IU (4%), Vitamin B2: 0.06mg (3.6%)