

In terms of vessels, you will need a microwavable container with lid (which you could cook your pulav in)

Ingredients List for pulav (Spiced rice with veggies)

1 cup Basmati rice long grain (you can find it in the international food aisle) - washed, strained, and soaked in regular water for 15 mins- 45 mins

2 cups of water

Butter, oil, or ghee 2 tablespoons

Vegetable frozen or fresh (both work fine) (you can add or omit vegetables according to your preference)

1/3 cup chopped cauliflower (optional)

1 finely chopped carrot

1 Red/white onion very finely chopped

2 tablespoon peas

2 tablespoon green beans

One green serrano or jalapeno cut into two pieces. (If you don't like the heat then omit it)

Green cilantro 2 tablespoons finely chopped (optional)

½ teaspoon garam masala (optional)

½ teaspoon Cumin seeds

¼ teaspoon Turmeric (optional) Your pulav will be white in color if you omit it.

Salt ½ teaspoon or according to taste

Ingredients List for plain raita (spiced yogurt)

1 cup plain regular yogurt (if using Greek yogurt, .75 cup)

Water (up to ½ cup, we will add it little at a time)

Salt ¼ teaspoon

Black pepper ¼ teaspoon