

Ingredients

Quantity

Measure

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125	Grammes	Cabbage - Green
125	Grammes	Carrots
3	Tablespoon	Cooking Oil
100	Grammes	French beans
125	Grammes	Green Peas
125	Grammes	Mushrooms
2	Stalks	Onion Leeks
750	Grammes	Rice, fine grain. (Jirasal or Delhi)
2	Salt-Spoon	Salt
2	Tablespoon	Soya Sauce
125	Grammes	Sweet Corn
1.5	Liter	Water

Method

1. Heat the oil and stir-fry the cabbage, carrots, peas, sweet corn, onions, French beans, mushrooms, onion stalks, Soya sauce and salt. Cook for 3-4 minutes.
- 2.Add the rice and mix with vegetables. Fry both over medium heat for two minutes.
- 3.Add boiling water . Stir and bring to boil.
- 4..Lower heat and place the rice on Thawa (griddle) for 15 minutes covered with lid . Stir once after 10 minutes until the rice is cooked.