

# Avial With Red Rice

## INGREDIENTS

### For Rice

1 Cup Red rice

7 Cups Water

### For Avial

1 Potato

2 Carrots

1 Raw banana

2 Drumsticks

Small Raw mango (one piece)

1 tbsp Sour curd

5 Bean sticks

1 Large Onion

Salt

1 tsp Turmeric

1 Cup Water

1 tbsp Coconut oil

Seedless green chillies

2 tsp Crushed mustard seeds

## METHOD

1. Boil red rice in 7 cups of water for an hour.
  2. Boil potatoes and carrots separately and keep aside.
  3. Take some water in a saucepan. Add chopped raw banana, drumsticks, beans, onion and raw mango.
  4. Then season with salt and turmeric powder. Stir well and let it steam for 2-3 minutes.
  5. Then add green chillies, coconut oil and mustard seeds.
  6. Once the vegetables are steamed, add the boiled potato and carrot along with some curd.
  7. Finally add mustard seeds with coconut oil and mix it well and serve hot.
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