

CLASSIC RAJMA CHAWAL

Serves: 4 | Prep Time: 10 mins | Cooking Time: 20 mins

INGREDIENTS

For Rajma:

- 250gms **TFC's Rajma Masala**
- 1 tbsp butter or ghee (optional, for extra richness)
- ½ cup water (adjust as needed)
- 1 tbsp fresh **cilantro** (chopped, for garnish)
- ½ tsp garam masala (optional, for added spice)
- 1 green chili (chopped, optional)

For Chawal (Rice):

- 1.5 cups basmati rice
- 3 cups water
- ½ tsp salt

DIRECTIONS

Step 1: Cook the Rajma

1. Heat a pan on medium heat and add **The Fresh Curry Rajma Masala**.
3. Pour in ½ **cup water** (adjust for desired consistency).
4. Let it simmer for **5 minutes**.
5. Optional: Add **butter/ghee** for a richer taste.
6. Sprinkle **garam masala** and **green chilies** (if using).
7. Garnish with **fresh cilantro**.

Step 2: Prepare the Rice

1. Wash and soak **basmati rice** for 15 minutes.
2. In a pot, add **3 cups water**, **salt**, and the drained rice.
3. Cook on medium heat until water is absorbed (~10–12 mins).
4. Fluff the rice with a fork.

The Fresh Curry
"Maximum Taste, Minimum Overheads"

Step 3: Serve & Enjoy

- Serve hot **Rajma** over steamed **Chawal**.
- Pair with onion slices, green chutney, and papad for a complete meal!

NUTRITION

Calories: 420kcal | Carbohydrates: 70g | Protein: 12g | Fat: 8g | Saturated Fat: 3g | Cholesterol: 10mg | Sodium: 600mg | Calcium: 80mg | Iron: 3mg

