Carrot come together in this stunningly colourful rice dish that’s as **nourishing as it is beautiful**. With its deep pink hue and naturally sweet undertone, **Carrot Rice** offers a delicious way to include more vegetables in your day, while delighting your senses with its earthy aroma and soft crunch. It’s perfect for a lunchbox surprise or even a light dinner.

What Is Carrot Rice ?

Carrot Rice is a lightly spiced, wholesome rice dish made by sautéing **grated carrot** in a mild tempering and mixing it with cooked rice. It’s simple, fast, and filled with the **goodness of root vegetables**. The recipe avoids strong masalas and focuses on **natural flavours**, making it ideal for those seeking calm, digestive-friendly meals with visual appeal.

How to Make Carrot Rice: The Traditional Way

Ingredients:

For t’he Vegetable Base

- 1 cup grated carrot
- 1 green chilli (optional)
- 1 tsp grated ginger

For Tempering

- 1 tbsp ghee or sesame / groundnut oil
- ½ tsp mustard seeds
- 1 tsp jeera (cumin seeds)
- 1 sprig curry leaves
- A pinch of hing
- 1 tbsp roasted peanuts or cashews (optional)

To Assemble

- 2 cups cooked short-grain rice (cooled)

- Salt to taste
- Fresh coriander leaves for garnish
- A squeeze of lemon juice (optional)

Method:

1. Heat ghee or oil in a kadai. Add mustard seeds and allow them to splutter.
2. Add jeera, hing, curry leaves, and peanuts or cashews. Sauté for 30 seconds.
3. Add grated ginger and slit green chilli. Sauté lightly.
4. Add grated beetroot and carrot. Sprinkle salt and cook for 5–6 minutes until they soften but retain texture.
5. Add the cooked rice and mix gently until the vibrant colours blend evenly.
6. Garnish with coriander leaves and a touch of lemon if desired.

Ayurvedic Benefits

1. Carrot is rich in **vitamin A** and improves **digestion and eye health**.
2. Ginger and cumin **stimulate Agni**, helping in digestion and reducing ama.
3. This is a **Pitta- and Vata-balancing** preparation when made with ghee.
4. The meal is **tridosha-friendly**, especially when served warm and fresh.

Pro Tips from the Indian Kitchen

- Grate the veggies finely so they cook quickly and blend well.
- Use **pre-cooked, cooled rice** to avoid mushiness.
- A pinch of **black pepper** can be added for warmth if needed.
- Add a teaspoon of **grated coconut** for extra richness.
- If using this in a lunchbox, include a small box of curd; it pairs beautifully.

❤ Why We Love Carrot Rice

- Visually **stunning and vibrant**; especially appealing to kids
- Balanced between **sweet, earthy, and mildly spiced**
- A great way to **include veggies without fuss**
- Mild and **sattvic-friendly**, yet filling
- It’s one of those **“feel-good” meals**; light, warm, and comforting

Ideal For

- **Lunchboxes** and quick dinners

- **Pitta and Vata balancing meals**
- **Post-festive detox** or when you’re craving something colourful yet grounding
- Days when you want a **mood-lifting, nourishing meal**

