

There's something instantly uplifting about the **green freshness of coriander**, a herb that brings both vibrance and healing to any dish. Coriander rice is a light yet satisfying one-pot meal that turns simple ingredients into a **refreshing, digestive-friendly comfort food**. Ideal for both hurried weekday meals and mindful sattvic eating, this is a recipe where **herbs meet harmony**.

What Is Coriander Rice?

Coriander rice is a mildly spiced, **herb-infused rice dish** where fresh coriander leaves are blended into a paste and sautéed with warming spices before being mixed with cooked rice. It carries a **subtle, cooling flavour**, and is often made without onion or garlic, making it a perfect meal for those seeking **clean, sattvic nourishment** or a refreshing change from heavy masalas.

How to Make Coriander Rice: The Traditional Way

□ Ingredients:

For the Coriander Paste

- 1 heaped cup fresh coriander leaves (tender stems can be included)
- 2-3 green chilies (adjust to taste)
- ½ inch piece ginger
- 1 tbsp grated coconut (optional)
- 1 tsp jeera (cumin seeds)
- A few curry leaves
- 1 tbsp water (for grinding)

For Tempering

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

To Assemble

- 2 cups cooked short-grain rice (preferably cooled)
- Salt to taste
- A dash of lemon juice (optional)

▢ Method:

1. **Grind the coriander paste** ingredients to a smooth blend without adding too much water.
2. In a kadai, **heat ghee or sesame/groundnut oil**. Add mustard seeds and let them splutter.
3. Add urad dal, curry leaves, and hing. Sauté until dal turns golden.
4. Add the **ground coriander paste** and cook on medium heat until the raw smell disappears and the oil separates.
5. Add salt and turn off heat.
6. Mix in the cooled rice gently and evenly. Adjust salt and finish with a squeeze of lemon if desired.
7. Garnish with roasted cashews or peanuts for crunch.

▢ Ayurvedic Benefits

1. Coriander is **cooling (Sheetala)** and pacifies **Pitta** and **Vata** doshas.
2. Aids in **digestive cleansing**, reduces acidity and bloating.
3. Ginger and jeera boost **Agni (digestive fire)** without aggravating heat.
4. A sattvic preparation that calms the mind and supports clarity.
5. Coconut adds unctuousness and **balances Vata** when dryness is present.

▢ Pro Tips from the Indian Kitchen

- Always use **fresh coriander**, avoid limp or yellowing leaves.
- Don't overcook the paste, it should stay green and vibrant.
- This dish pairs well with a **mild raita or curd** for a balanced meal.
- Add a few **mint leaves** to the paste for an extra refreshing twist.
- You can make the paste in bulk and **freeze it in cubes** for quick weekday lunches.

♥ Why We Love Coriander Rice

- Incredibly **fragrant and soothing**

- Takes under 20 minutes to prepare
- Made with **clean, sattvic ingredients**, perfect for mindful meals
- A simple way to add **herbs and antioxidants** to your diet
- Light on the stomach yet deeply satisfying

☐ Ideal For

- **Detox days and post-festival light meals**
- **Pitta**-pacifying diets and hot-weather lunches
- Lunchboxes for kids and adults alike
- **Quick weekday meals** that feel homemade and grounding

