Curry leaf rice is more than a recipe; **it’s a celebration of a leaf that’s often underrated but deeply healing**. With its unique earthy aroma and Ayurvedic benefits, this rice dish brings together **fragrance, nutrition, and simplicity** in a single bowl. Whether you’re looking to use leftover rice or want a sattvic, digestion-friendly meal, curry leaf rice hits the spot with minimal effort and maximum flavour.

What Is Curry Leaf Rice?

Curry leaf rice is a **tempered rice dish infused with the powerful aroma and taste of fresh curry leaves**, combined with mild spices and a hint of tang. Ground curry leaves are sautéed with mustard seeds, dals, and sometimes dry coconut to create a **nutty, green spice mix** that coats every grain of rice. It’s typically made without onion or garlic, making it suitable for fasting or sattvic meals.

How to Make Curry Leaf Rice: The Traditional Way

□ Ingredients:

For the Curry Leaf Masala

- 1 cup fresh curry leaves (washed and patted dry)
- 1 tbsp chana dal
- 1 tbsp urad dal
- 1 tbsp grated dry coconut (optional)
- 3–4 dry red chilies
- 1 tsp black pepper or jeera (optional for spice)
- ½ tsp sesame seeds
- A few drops of ghee (for roasting)

For Tempering

- 1 tbsp sesame/groundnut oil or ghee
- 1 tsp mustard seeds
- 1 tsp chana dal
- 1 sprig curry leaves
- A pinch of hing

- 2 tbsp peanuts or cashews (roasted)

To Assemble

- 2 cups cooked rice (preferably cooled)
- Salt to taste

Method:

1. In a pan, heat a few drops of ghee and **dry roast chana dal, urad dal, dry red chilies, sesame seeds, and grated coconut** until aromatic.
2. Add curry leaves and roast until they become dry and crisp (but not burnt).
3. Cool and grind to a **coarse powder**. This is your curry leaf spice mix.
4. In a kadai, **heat sesame oil/ghee**, add mustard seeds and let them splutter.
5. Add chana dal, peanuts or cashews, curry leaves, and hing. Fry till golden.
6. Add the cooked rice and salt. Mix gently.
7. Sprinkle the curry leaf powder over the rice and **toss evenly to coat**.
8. Serve warm with curd or plain, as desired.

Ayurvedic Benefits

1. Curry leaves are **deepana and pachana**; they **stimulate digestion** and **detoxify the liver**.
2. Rich in **iron, antioxidants, and fiber**, they support **hair growth and eye health**.
3. Sesame oil and dals balance **Vata and Kapha**, offering grounding and warmth.
4. Hing and spices help **reduce bloating and gas**.
5. A sattvic preparation, ideal for **gut repair and light eating**.

Pro Tips from the Indian Kitchen

- Make the **spice mix in bulk and store** in an airtight container for quick meals.
- Use **aged rice or leftover rice** for better texture.
- Add a squeeze of **lemon juice** for a tangy twist, if desired.
- Avoid over-roasting curry leaves; they should be crisp, not brown.
- A touch of **jaggery** balances bitterness and adds depth.

❤ Why We Love Curry Leaf Rice

- A great way to **incorporate curry leaves** into your daily diet
- **Quick, aromatic, and healthy**; ready in under 20 minutes
- **No onion, no garlic**; perfect for vrat days or temple-style cooking
- Turns **leftover rice into a gourmet meal**
- Deeply **grounding and energising without heaviness**

Ideal For

- **Lunchboxes and light dinners**
- **Pitta and Kapha pacifying diets**
- **Post-travel detox meals**
- Days when you want to feel **nourished, not weighed down**
- **Hair and skin health support** through Ayurvedic food practices

