

Methi pulav is a subtly spiced, mildly bitter rice dish that cleanses, grounds, and nourishes. The bitter quality of methi helps detoxify the system, while the warmth of mild spices keeps digestion strong. This pulav is ideal for light lunches or healing days.

What Is Methi PulaV?

Methi pulav is a simple rice preparation where aromatic rice is cooked with fresh fenugreek leaves and gentle whole spices. Unlike regular pulav, this focuses on earthy, digestive flavors over rich or heavy masalas

How to Make Methi PulaV: The Traditional Way

□ Ingredients:

- 1 cup **basmati rice** (washed and soaked for 15–20 mins)
- 1½ cups **fresh methi leaves**, chopped
- 1 tbsp **ghee** or cold-pressed sesame oil
- 1 tsp **cumin seeds**
- 1 small **bay leaf**
- 2 **cloves**
- 1 small piece **cinnamon**
- ½ tsp **grated ginger**
- ¼ tsp **turmeric powder**
- A **pinch of red chilli powder** (optional)
- Salt to taste
- 2 cups **water**

□ Method:

1. Heat ghee in a heavy-bottomed pan. Add cumin, bay leaf, cloves, and cinnamon. Sauté for a few seconds.
2. Add grated ginger and turmeric. Sauté gently.
3. Add chopped methi leaves and sauté for 2–3 minutes until wilted.
4. Add soaked rice and mix gently to coat the grains.
5. Add salt and water. Bring to a boil, then reduce flame, cover and cook until rice

is done and water is absorbed.

6. Let it rest for 5 minutes before fluffing with a fork.

▣ Ayurvedic Benefits

1. **Fenugreek** is excellent for balancing [Kapha](#) and [vata](#), helps manage blood sugar, and aids liver function.
2. **Turmeric and ginger** reduce inflammation and kindle agni.
3. **Cumin and cloves** aid digestion without aggravating [pitta](#).
4. Light and sattvic, this pulav gently detoxifies the gut.

▣ Pro Tips from the Indian Kitchen

- Don't overcook methi; it should retain its bright green hue.
- Wash methi well to reduce excess bitterness.
- Add a tsp of lemon juice at the end to enhance flavor and reduce bitterness further.
- You can also add 1 tbsp soaked moong dal or peas (optional) for added protein if needed.

♥ Why We Love Methi PulaV

- Hearty yet light
- Bitter foods reduce cravings and aid clarity
- Balances the doshas with every spoonful
- Complements soups, buttermilk, or thambuli beautifully

▣ Ideal For

- Gut healing days
- People with sugar imbalance
- Post-festive detox
- Light dinners or sattvic fasting
- Pairing with mor kuzhambu, jeera rasam, or plain curd

