

Palak Rice is a beautifully green, mildly spiced rice dish made with tender spinach and basic Indian spices. In this version, we avoid heavy masalas and keep it light, grounding, and ideal for the digestive system.

What Is Palak Rice?

Palak Rice (also called spinach rice) is a one-pot dish made by blending fresh spinach into a paste and sautéing it gently with spices, then mixing it with cooked rice. It's earthy, iron-rich, and comforting.

How to Make Palak Rice : The Traditional Way

□ Ingredients:

- 1 cup **cooked rice** (preferably cooled, single grain like sona masoori)
- 2 cups **fresh palak (spinach)** leaves, cleaned and chopped
- 1 small **onion**, finely chopped (*optional*)
- 1 green chilli or ¼ tsp **pepper powder** (*optional*)
- 1 tsp **jeera (cumin seeds)**
- ½ tsp **jeera powder**
- 1 tsp **coriander powder**
- ¼ tsp **turmeric powder**
- Salt to taste
- 1 tbsp **cold-pressed sesame oil or groundnut oil**

Optional tempering:

- 1 tsp **ghee**
- 5–6 **cashews** or **pumpkin seeds** for garnish

□ Method:

1. Blanch spinach in hot water for 1–2 minutes. Drain, cool, and grind into a smooth paste.
2. In a pan, heat oil. Add jeera seeds and allow them to splutter.
3. (Optional) Add chopped onion and sauté until translucent.

4. Add spinach puree, turmeric, coriander powder, jeera powder, salt, and cook on low for 3–4 minutes.
5. Add the cooked rice and gently mix until the rice is coated evenly in the green spinach base.
6. Turn off the heat. Add optional ghee-roasted cashews or pumpkin seeds for garnish.

▣ Ayurvedic Benefits

1. **Spinach** (Palak) is rich in iron and sattvic in nature when lightly cooked.
2. Balances [Vata](#) and [Kapha](#) when cooked with ghee and spices.
3. The jeera and coriander help reduce any slimy/gassy qualities of leafy greens.
4. Supports **ojas (vital energy)** through nourishment and pranic value.

▣ Pro Tips from the Indian Kitchen

- Blanching helps retain the vibrant green colour.
- Use day-old rice for better texture.
- Add a few curry leaves or a pinch of ajwain for improved digestion if needed.

♥ Why We Love Palak Rice

- Naturally green and full of life
- Nourishing yet light on the stomach
- Easy to prepare with pantry staples
- Pairs beautifully with simple raita or plain dal

▣ Ideal For

- Lunchboxes or quick weekday dinners
- Children or elders who prefer mild food
- Days when you want a nutrient-rich but hassle-free meal
- [Pitta](#)- and [Kapha](#)-friendly diets

