

CARIL DE LEGUMES COM ARROZ BRANCO



Category: Vegetarian main courses

Created: on 2014-09-08
 Qualified by: Supercook PT
 Suggested by: Supercook PT
 Total preparation time:
 32:07 Minutes

Suitable for machine:

- SUPERCOOK SC110
- Supercook SC250
- Supercook SC300
- Supercook SC350
- Supercook SC400

INGREDIENTS FOR 6 SERVES

| | |
|--------------------------|-----------------------|
| 150 gram | carrots |
| 200 gram | leek |
| 400 gram | zucchini (courgettes) |
| 200 gram | eggplant |
| 1/2 | green bell pepper |
| 1/2 | Red bell pepper |
| 1 liter | water |
| q.b. | salt |
| 300 gram | long-grain rice |
| 80 milliliter | olive oil |
| 300 gram | onions |
| 4 clove | garlic |
| 1 | ripe tomatoes |
| 30 gram | coriander |
| 120 milliliter | white wine |
| 200 milliliter | leite de côco |
| 1 tablespoon 15ml | curry powder |
| 1/2 teaspoon | turmeric |
| 1/2 teaspoon | sugar |
| 1 teaspoon | cumin seeds |
| 1 teaspoon | cardamom |
| 30 gram | côco ralado |

STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).