

Quinoa Brown Rice and Vegetable Pulao

Recipe Makes: 3 servings

Nutritional Value (per serving)

Calories: 425 kcal **Protein:** 9.6 g **Carbohydrate:** 61.1 g **Fat:** 16.8 g

Ingredients

- 1/2 cup Quinoa
- 1/2 cup Brown Rice, soaked in water
- 1/4 cup Cauliflower (gobi), florets
- 1 Potato (Aloo), peeled and diced
- 1/2 Carrot (Gajjar), diced
- 1/8 cup Green beans (French Beans), finely chopped
- 1/8 cup Green peas (Matar)
- 1/2 teaspoon Garam masala powder
- 1/2 teaspoon Black pepper powder
- 1/2 teaspoon Turmeric powder (Haldi)
- 1 Onion, chopped
- 1/2 teaspoon Fennel seeds (Saunf)
- 1/2 inch Ginger, grated
- 2 cloves Garlic, grated
- 1 Green Chilli, finely chopped
- 1/4 cup Lemon juice
- 1 tablespoon Oil, or ghee
- Salt, to taste
- 1/2 cup Coconut milk
- 2 cups Hot water
- Coriander (Dhania) Leaves, few, freshly chopped



Instructions

1. To begin making the recipe, place a heavy bottom pan on medium heat. Add a teaspoon of oil or ghee. Once it is medium hot, add onions, garlic, ginger, green chilies and fennel seeds. Sauté them for a minute.
2. Add the chopped vegetables - cauliflower, potato, carrot, green beans and green peas. Sauté the vegetables on medium flame for about 5-7 minutes until they soften.
3. Add garam masala powder, turmeric powder, black pepper powder and salt to taste. Grate ginger and garlic to it.
4. After a minute add the chopped green chilli. Add 1 cups boiling water and coconut milk. Mix all the ingredients well and bring the mixture to a boil. Once the water comes to a boil, turn the heat to medium.
5. At this stage, drain the soaked rice. Add quinoa and rice into the boiling mixture, turn the heat to low, cover the pan and cook on low heat until all the water is absorbed.
6. At this stage, the quinoa and rice should be perfectly cooked. Once done, turn off the heat and allow it to remain covered for about 5 to 10 minutes before you can serve.
7. Once ready, Stir it with freshly chopped coriander and lemon juice and serve.