

# Quinoa Biryani



Quinoa Biryani is delicious food that keeps you full and satisfied and keeps you healthier. Quinoa contains fiber and avoids unwanted carbohydrates, which are suitable for people who are on a diet. Adding ingredients like saffron, roasted cashew nuts, raisins, mint, and ghee make the Biryani tastier.

## Ingredients

- 1 cup quinoa
- 1/3 cup washed basmati or brown rice
- 1/2 cup yogurt (optional)
- 3 tbsp vegetable oil (or any neutral flavored oil)
- 1 cup large chunks cauliflower
- 1 cup sliced potatoes (cut into wedges)
- 1 cup chopped carrots (1 in sized sticks)
- 1 cup green beans (cut into 1 inch pieces)
- 2 medium sized onions
- 6 cloves peeled garlic
- 1 inch ginger
- 2 green chillies (adjust based on spice level)
- 1 tsp cumin seeds
- 1/2 tsp turmeric powder
- 4 tsp whole black peppers (or substitute 1/4 black pepper powder)
- 1 tsp coriander seeds
- 1 tsp inch cinnamon stick (or substitute 1/2 cinnamon powder)
- 2 cloves
- 4-5 dry red chillies (or substitute chill powder)
- 2 tbsp coconut flakes (fresh or dried)
- Salt to taste
- Toppings (all optional)
- 1/4 finely sliced onions
- 2 tbsp mint leaves






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## Method

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1. Blend all the whole spices in a blender.
2. Heat the gas on medium heat. Take a Kadhai and once hot, add in the oil and let it heat for a couple of seconds.
3. Add in the spice paste and stir it around, frying it until the raw smell disappears and it absorbs the oil.
4. Once the paste begins to release oil droplets on the side, add in the chopped vegetables under "Vegetables".
5. Saute the vegetables for another minute to evenly coat them with the spice paste. They don't need to cook at this point.
6. If using yogurt, stir it in now along with the vegetables. I have made with and without the yogurt and both taste good.
7. Next, add in the rice and quinoa, spreading it around the pot so it's not concentrated in one spot.
8. Add in 2 to 2.5 cups of water to generously cover the quinoa.
9. Now put on a lid and let it cook for another 7-10 minutes.
10. Top it with caramelized onions, nuts, and some whole spice.



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