DietCloud – Recipe

Recipe Name: Pudina Quinoa Recipe

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Quinoa • 1 Onion - finely chopped • 6 cloves Garlic - finely chopped • 1 Green Chilli - slit • 1 inch Cinnamon stick • 2 Cloves (Laung) • 2 Cardamom (Elaichi) Pods/Seeds • 1/4 Mint Leaves (Pudina) - finely chopped • Salt • 1 teaspoon Ghee	4

Preparation

• To begin making Pudina Quinoa Recipe first wash 1 cup quinoa and soak for two hours.

• Make sure you wash quinoa nicely to remove any dirt.

• Heat ghee into the pressure cooker and once the ghee is hot add the garlic and onions and saute till the onions soften.

• Add salt to taste and toss everything on high heat for two minutes.

• Add two cups of water and give two whistles.

• After two whistles reduce the flame to low and simmer the quinoa for 15 minutes and turn off the heat.

• Allow the pressure release naturally.

• After you open the pressure cooker with the help of a spoon fluff up the quinoa.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)