DietCloud – Recipe

Recipe Name: Foxtail Millet Pilaf Recipe

Diet Type:

Course: Lunch

Cuisine: Middle Eastern

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Foxtail Millet	4
• 250 grams Button mushrooms - quartered	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 Cardamom (Elaichi) Pods/Seeds	
• 1 Onion - sliced	
• 4 cloves Garlic - chopped	
• 1 tablespoon Dried oregano	
• 1 tablespoon Rosemary	
• 1 teaspoon Black pepper powder	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 4 Prunes - sliced	
• 1 tablespoon Raisins	
• Salt - to taste	

Preparation

• To begin making the Foxtail Millet Pilaf Recipe, heat a pressure cooker with oil.

• Add cinnamon stick and cardamom pods and leave it to crackle for few seconds.

• Once that is done add all the dried herbs and also salt and pepper season it well.

• Add washed foxtail millet and you can add chicken stock if you would love to or you can add 2 cups of water and pressure cook for 4 whistles.

Macronutrients

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

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