DietCloud – Recipe

Recipe Name: KUTHIRAIVALI VEGETABLE PULAO

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Kuthiraivali vegetable pulao is a light, healthy millet-based pulao made with barnyard millet, mixed veggies, and mild spices. Perfect for a quick, nutritious meal.
Ingredients
½ cup barnyard millet (kuthiraivali), washed and soaked for 15 mins1 tbsp oil or gheeWhole spices: Cumin seeds, cinnamon stick, cloves, bay leaf1 small onion, thinly sliced1-2 green chilies, slit1 tbsp ginger-garlic paste½ cup mixed vegetables (e.g., carrots, beans, capsicum, cauliflower)¼ cup mint and coriander leaves, choppedSalt to taste1¼ to 1½ cups hot water
Instructions
Prepare the Millet: Thoroughly wash the barnyard millet and soak it in water for about 15 minutes. Drain the water completely before cooking.Sauté Spices and Aromatics: Heat oil or ghee in a pressure cooker or heavy-bottomed pan. Add the whole spices and let them sizzle until fragrant. Add the sliced onions, green chilies, and curry leaves (if using) and cook until the onions turn transparent.Add Ginger-Garlic Paste and Vegetables: Stir in the ginger-garlic paste and sauté for another minute until the raw smell disappears. Add all the chopped mixed vegetables, mint, and coriander leaves, and mix well, frying for 2-3 minutes.Cook the Pulao: Add the drained millet to the pan and mix well with the vegetables and spices. Pour in the hot water, add salt, and bring the mixture to a boil. Check the salt level at this stage.Pressure Cook:In a pressure cooker: Close the lid and pressure cook on a low-medium flame for 1-3 whistles, depending on your cooker and desired texture.In a covered pan: Cover with a lid and cook on a low flame for about 10-12 minutes, or until the water is absorbed and the millet is cooked.Finish and Serve: Turn off the heat and allow the steam to release naturally. Open the cooker/pan and gently fluff the pulao with a fork. Garnish with fresh coriander leaves and roasted cashew nuts if desired. Serve hot with raita, papads, or a side dish of your choice.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	70	12	8	2