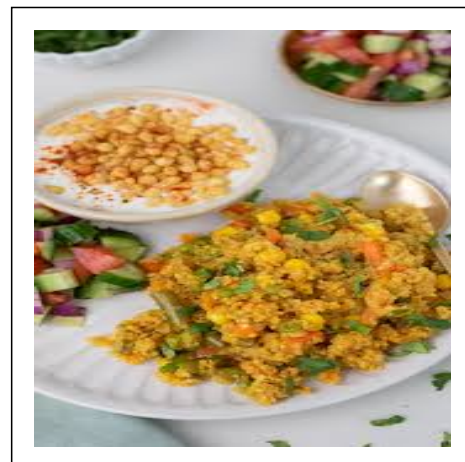


**Recipe Name:** KUTHIRAIVALI VEGETABLE PULAO  
**Diet Type:** Vegetarian  
**Course:**  
**Cuisine:** Indian  
**Quantity:**



## Description

### Ingredients

For the Millet: 1 cup Kuthiraivali (Barnyard Millet), 1.5 - 2.5 cups water  
 For Tempering & Pulao: 2 tsp oil or ghee  
 Whole Spices: ½ tsp cumin seeds, 1 small piece cinnamon stick, 1 bay leaf, 1 cardamom pod, 3 cloves  
 1 medium onion (thinly sliced)  
 2 green chilies (chopped or slitted)  
 1 tbsp ginger-garlic paste  
 1 cup mixed vegetables (e.g., carrots, beans, peas, cauliflower, capsicum, chopped)  
 Salt to taste  
 ¼ cup mint leaves (chopped)  
 ¼ cup coriander leaves (chopped, for garnish)

### Instructions

**Prepare Millet:** Wash the Kuthiraivali millet thoroughly a couple of times and soak it in water for about 15-20 minutes. Drain the water and set the millet aside.  
**Sauté Whole Spices:** Heat oil/ghee in a pressure cooker. Add all the whole spices (cumin seeds, cinnamon, bay leaf, cardamom, cloves) and let them sizzle and become aromatic.  
**Cook Aromatics:** Add the sliced onions and green chilies. Sauté until the onions turn translucent or light brown. Add the ginger-garlic paste and sauté for another minute.  
**Add Vegetables:** Add the chopped mixed vegetables to the cooker. Sauté for 1-2 minutes until they are well coated with the spices.  
**Add Millet and Water:** Add the drained millet, salt, water, and chopped mint leaves. Mix everything well.  
**Pressure Cook:** Cover the pressure cooker with a lid. Cook on a low-medium flame for 1-2 whistles, or for about 10 minutes on a very low heat.  
**Finish and Serve:** Turn off the heat and let the steam release naturally. Open the cooker and gently fluff the pulao with a fork to separate the grains. Garnish with fresh coriander leaves and serve hot with raita or a side dish of your choice.

## Ingredients

| Ingredient     | Quantity |
|----------------|----------|
| • Need to Fill |          |

## Preparation

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 540             | 15          | 80        | 12      | 8         | 5         |