DietCloud – Recipe

Recipe Name: VARAGU ARISI PULAO
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

A wholesome and aromatic Varagu Arisi Pulao featuring nutrient-rich kodo millet cooked with a medley of vibrant vegetables like carrots and peas. This flavorful South Indian-inspired dish is seasoned with delicate spices and garnished with fresh cilantro, offering a light yet satisfying meal. It's perfectly served as a main course or a healthful side.
[PROS]
- Rich in dietary fiber, aiding digestion and promoting satiety.
- Low glycemic index, suitable for blood sugar management.
- Gluten-free, making it an excellent alternative for those with celiac disease or gluten sensitivity.
[CONS]
- Millet's texture might be unfamiliar to some, requiring an adjustment period.
- Can be bland if not adequately seasoned, needing careful spice balance.
[DIETITIAN REVIEW]
This Varagu Arisi Pulao is an excellent choice for a balanced and nutritious meal. Kodo millet provides substantial fiber and a low glycemic load, making it beneficial for metabolic health. The inclusion of vegetables boosts micronutrient intake, though adding a protein source like lentils or paneer would further enhance its nutritional completeness. Score: 8/10

Ingredients

Ingredient	Quantity
• Varagu Arisi (Kodo Millet)	1/2 cup
• Water	1 cup
• Cooking Oil or Ghee	1 tsp
• Mustard Seeds	1/4 tsp
• Cumin Seeds	1/4 tsp
• Curry Leaves	A few
• Onion (finely chopped)	1/4 small
• Ginger-Garlic Paste	1/2 tsp

• Mixed Vegetables (diced carrots • peas)	1/4 cup

• Green Chili (slit • optional)	1/2

DietCloud – Recipe

• Salt	To taste

- Fresh Coriander Leaves (for garnish) 1 sprig

DietCloud – Recipe

Preparation

• 1.
• Rinse Varagu Arisi (kodo millet) thoroughly under running water 2-3 times until the water runs clear.
• Drain and set aside.
• 2.
• Heat oil or ghee in a small pot or pressure cooker over medium heat.
• Add mustard seeds and cumin seeds; let them splutter.
• 3.
• Add curry leaves, green chili (if using), and finely chopped onion.
• Sauté until the onion turns translucent.
• 4.
• Stir in ginger-garlic paste and sauté for another minute until the raw smell disappears.
• 5.
• Add the mixed vegetables (diced carrots, peas) and sauté for 2-3 minutes.
• 6.
• Add the rinsed kodo millet and stir gently for 1 minute to coat it with the spices and oil.
• 7.
• Pour in the water, add salt to taste, and bring the mixture to a boil.
• 8.
• Reduce heat to low, cover the pot tightly, and let it cook for 15-20 minutes, or until all the water is absorbed and the millet is tender.
• If using a pressure cooker, cook for 1 whistle on medium heat and let the pressure release naturally.
• 9.
• Once cooked, gently fluff the pulao with a fork.
• Garnish with fresh coriander leaves before serving hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	14	4	2