



Quinoa and Brown rice Biryani Recipe (Diabetic Friendly)

Ingredients

- gms MAGGI Masala-ae-Magic
- 1/2 1/2 Tablespoons Ghee
- Inches Cinnamon (1 Inch Pieces, Crushed)
- Cloves (Coarsely Crushed)
- Green cardamom
- Star Anise (Coarsely Crushed)
- Teaspoon Whole Peppercorns
- Black Cardamom (Coarsely Crushed)
- Onion (Chopped)
- Teaspoon Ginger-Garlic Paste
- 1/2 1/2 Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Turmeric Powder
- Tablespoon Coriander Powder
- Tomato (Chopped)
- 1/2 1/2 Cups Chopped Vegetables (Carrots, Beans, Cauliflower, Potatoes, Peas)
- gms Paneer (Grated)
- gms Brown Rice
- gms Quinoa
- gms Sprouts
- Cups Water
- Tablespoons Coriander Leaves (Chopped)
- Pinch Salt

Instruction

1. Prepare ingredients as mentioned in the list.
2. Heat ghee in a pressure cooker, add cinnamon, cloves, green cardamom, star anise and peppercorns, black cardamom, then add onion and sauté till they turn golden brown.
3. Add ginger garlic paste and stir fry till the raw smell goes. Then add red chilli powder, turmeric powder and coriander powder. Mix well. Now add tomatoes, mixed vegetables and paneer. Mix well.
4. Add rice, quinoa, sprouts, water, coriander leaves and MAGGI Masala-ae-Magic. Mix well and add salt to taste.
5. Cover the pressure cooker and cook on low flame for 2-3 minutes after the whistle.
6. Serve hot with raita.

Nutrition

Carbohydrates	36.46 g
Energy	315.8 kcal
Fats	11.57 g
Protein	13.22 g

42 Minutes

4 Servings