

Instant Pot Vegetable Quinoa Pulao

MAKES 4 SERVINGS

Courtesy of Dhvani Mehta from a Cooking Carnival

Submitted by Janelle Rosin

Ingredients

- 1 cup quinoa
- 1 cup onion chopped
- 1 cup corn
- 1 cup chopped carrot
- 1 cup chopped mushrooms
- 1 cup chopped bell Pepper
- 1 tbsp. grated ginger-garlic paste
- 3 tbsp. olive oil
- 1/2 tbsp. cumin seeds
- 1/2 tsp. turmeric powder
- 1 tbsp. chili powder
- 1 1/2 cup water
- 1 tbsp. lemon juice
- cilantro for garnishing



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Directions

1. Start the instant pot in saute mode and let it heat. Once oil is hot, add oil and cumin seeds.
2. Once it starts to bubble, add onions, ginger and garlic. Saute for 2 minutes.
3. Add carrot, corn, bell pepper and mushroom. Saute for a minute.
4. Now add turmeric powder, chili powder and garam masala. Let it cook for a minute.
5. Wash the quinoa properly (rinse thoroughly) and add it into the sauted veggie mixture. Cook for a minute and add water.
6. Secure the lid. Change Instant Pot setting to rice mode with vent closed.
7. After the instant pot beeps, let the pressure release naturally.
8. Open the lid, fluff them up with fork.
9. Add lemon juice and cilantro.
10. Add cooked shredded chicken or scrambled eggs for a protein boost.

NUTRITION FACTS

Per Serving (1/4 recipe): 350 calories, 14g fat, 2g sat. fat, 99mg sodium, 50g carbs, 7g fiber, 9g protein