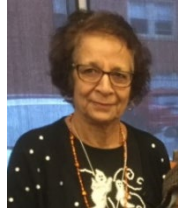


QUINOA PULAO

By Vinita S.



I made this for the Speak Easy Potluck. It's a stir-fry and I used quinoa instead of rice.

Ingredients

- 1 cup quinoa
- 2 cups water
- 1 medium zucchini cut into 1/2" pieces
- 1/2 container of sliced mushrooms
- 1/2 cup each thinly sliced carrots & potatoes
- 1/2 cup frozen peas
- 2 T oil
- 1/4 t cumin powder, cayenne pepper to taste
- 1/2 t coriander powder
- 1/2 t garlic powder
- Salt to taste
- 1/4 t Garam masala
- 1/2 t paprika

Instructions

1. Cook quinoa with 2 cups of water. Bring it to a boil & reduce heat cover, cook on very low heat for 20-25 min.
2. While quinoa is cooking stir fry vegetables separately until just soft but not watery.
3. In a large frying pan heat 2T of oil add 1 small, chopped onion cook until soft.
4. Add all the spices to the stir fry for about a minute. Add cooked quinoa to onion mixture and mix well.
5. Add vegetables and toss gently so all the vegetables are coated with spice mixture.