

Recipe

Quinoa Pilaf

By

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Ingredients

- 2 C quinoa
- 2 Tsp ghee
- 1 Tsp cumin seeds
- 1 Tbsp ginger, finely grated
- 1 green chili chopped
- 7-8 fresh curry leaves
- 2 C any fresh vegetables (except any beans and peas)
- 1½ Tsp salt
- 5 C water

Preparation

1. Rinse the quinoa in cold water thoroughly until the water runs clear (to remove any bitterness). Drain the quinoa and keep aside.
2. Heat the ghee in a saucepan over moderate heat. Drop the cumin seeds and wait until the seeds darken a few shades. Add ginger, chili and curry leaves in succession, stir-fry for a while and add the vegetables.
3. Sauté the vegetables for 5 minutes. Add salt, quinoa and water. Bring to a boil and reduce the heat to low, cover and cook until the quinoa is soft. Serve hot with yogurt salad.

** Quinoa is a fruit of a plant and it can be used on ekadashi day. It looks pale yellow in color, almost of the size of the mustard seeds. It is available in health food stores and can be cooked almost like rice.

Serves

4-5

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Hare Rama Hare Rama Rama Rama Hare Hare**