



Sama pulav (OP I)

Serving: 1

Veg

Ingredients

- Sama millet : 2 tbsp
- -Chopped Green Chilli - 1 tsp
- -Ginger garlic paste - 1 tsp
- Finely chopped onion, tomato, carrot and french beans - 1 cup
- -Turmeric powder - ½ tsp
- -Coriander powder - 1 tsp
- -Cumin seeds - ½ tsp
- salt to taste
- oil - 1 tsp
- Chopped coriander for garnish

Preparation Method

- Heat the oil in pressure cooker and add the cumin seeds
- When the seeds crackle, add the onions, green chillies and ginger garlic paste, mix them well and saute till the onions turn translucent
- Add the chopped vegetables and saute for 3 minutes
- Add the sama, turmeric powder, coriander powder and salt along with 1 cup of water or as required and mix well
- Pressure cook for 1 or 2 whistles. Allow the steam to escape before opening the lid
- serve