



Rajgira biryani (OP I)

Serving: 1

Veg

Ingredients

- 30 grams amaranth millet washed
- 1 tbsp boiled soy granules
- $\frac{1}{4}$ tsp mustard seeds
- A few curry leaves
- 1 medium onion finely chopped
- 2 garlic cloves finely chopped
- 1 tsp ginger, minced
- $\frac{1}{2}$ tsp cumin seeds
- $\frac{1}{4}$ tsp chili flakes
- $\frac{1}{4}$ tsp turmeric powder
- $\frac{1}{2}$ tsp garam masala
- 1 cinnamon sticks and cloves
- 1 tomato finely chopped
- 1 cup boiled water
- 1 cup of leafy greens – finely chopped (radish, spinach, rocket leaves, coriander etc.)
- $\frac{1}{2}$ tsp lemon juice
- salt to taste

Preparation Method

- Take a pot and heat. Add mustard seeds and curry leaves. When they pop add onions and cumin seeds. Saute for a bit. When onions become translucent, add garlic and ginger. Heat on low.
- Saute and add turmeric/garam masala/chili flakes/other spices. Continue to sauté until onions become light brown. Add tomatoes and keep stirring.
- Add soya granules and millet, stir for 5 minutes. Add water and salt. Stir
- Bring to boil and then put on low steamer with lid. Cook for 5-10 minutes until millets become soft.
- Mix leafy greens and stir. Add lemon juice. Cook for 2-3 minutes .
- Serve hot with raita