Quinoa Vegetable Biryani / Indian Quinoa Recipes



Quinoa biryani / Quinoa vegetable biryani is a super healthy and quick to make dish with lots of protein, no starch and it is a gluten free. I followed the vegetable biryani recipe and added quinoa instead of rice. I know, this dish may not look good but it tasted delicious with nutty flavor and filling.

Here I used red quinoa, you can also use white quinoa in this recipe. This quinoa biryani is good for weight watchers and diabetic people. Serve this quinoa biryani with onion raita or plain yogurt and chips. (please refer note section for tips)

Also refer my other two Indian quinoa recipes

1. Quinoa Dosa
2. Quinoa Kuzhi Paniyaram

Quinoa Vegetable Biryani / Indian Quinoa Recipes



Save Print
Prep time
10 mins
Cook time
30 mins
Total time
40 mins

Quinoa vegetable biryani is a super healthy recipe with lots of protein and it is a gluten free dish. I followed the same vegetable biryani recipe and added quinoa instead of rice. Serve this quinoa biryani with onion raita and chips.
Author: Gayathri Ramanan
Recipe type: lunch
Cuisine: Indian
Serves: 2

Ingredients

- 3 Tsp of Cooking Oil
- 3 Cloves
- 1 Cinnamon
- 2 Cardamom
- ½ Tsp of Fennel Seeds
- Few Curry Leaves
- 1 Red Onion, Chopped
- 1 Green Chilly, Slit
- 2 Tsp of Ginger Garlic Paste
- 1 Tomato, Chopped
- 2 Tbsp of Yogurt
- 7 Mint Leaves, Whole
- ¼ Cup of Chopped Carrot
- ¼ Cup of Chopped Beans
- ¼ Cup of Peas (frozen)
- 2 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder
- ½ Tsp of Garam Masala
- ½ Cup of Quinoa
- 1 Tbsp of Fried Onion (optional)
- ¾ Cup of Water or as needed (Refer your Quinoa bag)
- Salt to taste
- Coriander Leaves as needed

Instructions

1. Heat a pan with oil, when it is hot, add cloves, cardamom, cinnamon, fennel seeds, curry leaves, saute it for few secs, add onion and fry till it turns golden color.
2. Add green chilly and ginger garlic paste, fry for 2 mins until raw smell vanishes. Add tomato, fry till it turns soft and mushy.
3. Add mint leaves, coriander leaves, carrot, beans, peas, fry it for 2 mins.
4. Add coriander powder, red chilly powder and garam

masala, fry it for a 2 mins.

5. Add yogurt, fry well for a min.
6. Add quinoa, mix well with masala and add water, salt and fried onion, let it come to rolling boil, place the tight fitting lid and simmer it for 20 mins.
7. Remove it from heat and garnish it with coriander leaves and check for salt.
8. While serving, dig all the way to the bottom of the pot with a laddle to get a quick mix of masala and quinoa.
9. Hot, yummy quinoa vegetable biryani is ready to serve.

Notes

You can use any kinds of quinoa for biryani.

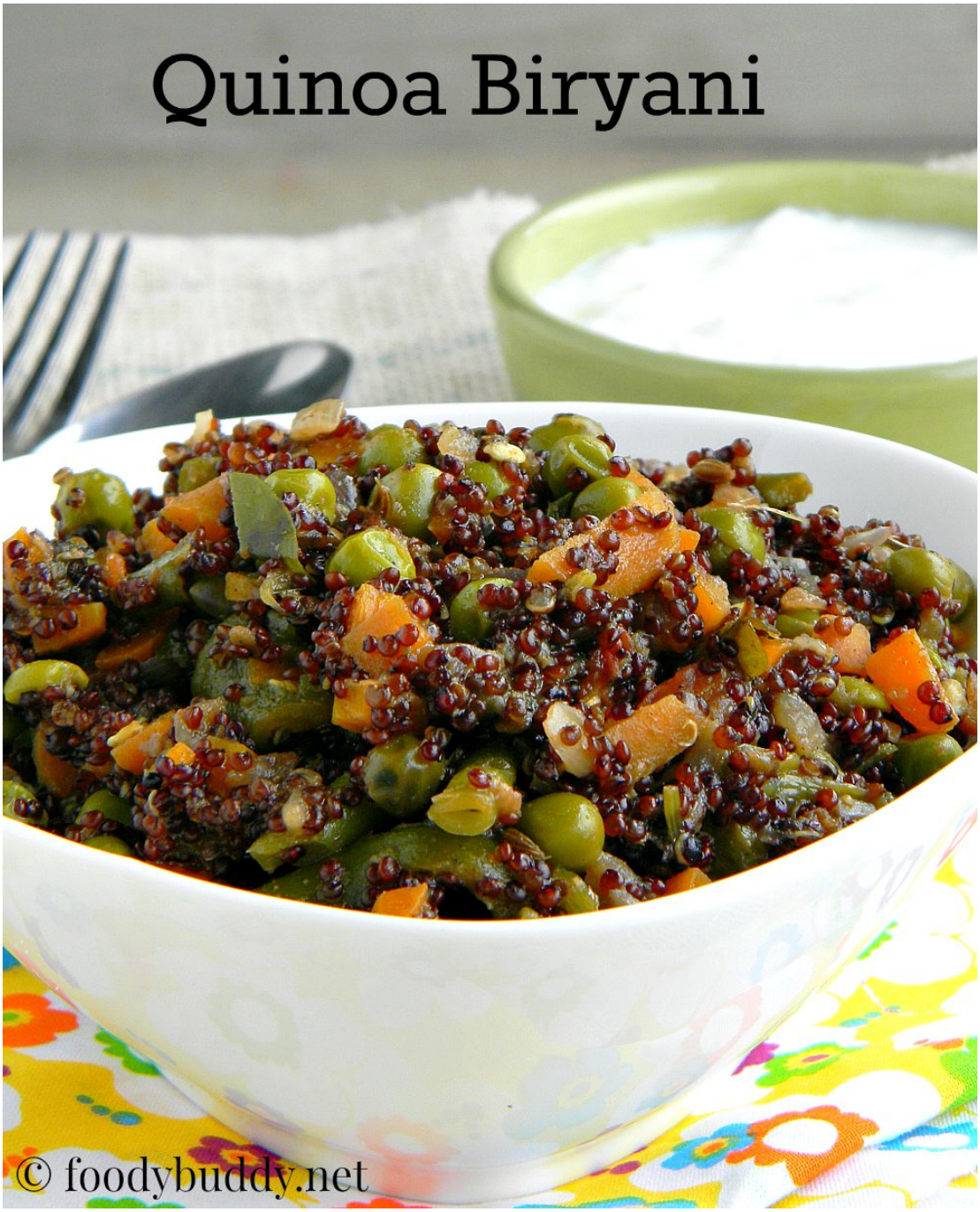
Fried onion is optional. Adding that gives you nice taste.

I didn’t soak my quinoa, if you want. You can soak it for 15 mins and then cook.

Please check your quinoa bag for the required amount of water. Usually it will be 2 cups of water for 1 cup of quinoa. Since I added veggies and yogurt, I used ¾ cup of water for ½ cup of quinoa.

Adjust the amount of spicy taste according to your taste buds.

You can reduce the amount of vegetables, I love vegetables so I added a lot.



Tags: quinoa biryani, quinoa vegetable biryani, quinoa vegetable biryani recipe, quinoa Indian recipes, quinoa recipes, quinoa rice, how to cook quinoa in Indian cooking, prepare indian style quinoa recipe, quinoa recipes, biryani recipes, weight losing recipes, diabetic recipes

Tags: Quinoa biryani, quinoa vegetable biryani, quinoa indian recipes, how to cook quinoa in Indian style, quinoa recipes indian

QUINOA KUZHI PANIYARAM RECIPE / QUINOA RECIPES



Quinoa is considered as super food which is loaded with lots of antioxidants, protein , fiber, iron, vitamins and other minerals. This grain is getting more popular, has low glycemic index and it is gluten free. You can replace quinoa with rice,

I know it is expensive but it has lot of health benefits like lowering cholesterol, good for digestion, lowers blood sugar level and cures heart diseases. Nowdays I am trying few recipes with quinoa. I already posted quinoa dosa few months back and I made quinoa biryani which I will post in coming weeks. Few weeks back, my mom made thinai paniyaram and said it came out good. I don't get thinai (foxtail millet) in my place so I replaced with quinoa. The outcome was good and tasty.

Quinoa kuzhi paniyaram recipe (Quinoa Lentil balls) is a healthy and delicious gluten free and vegan breakfast recipe. Here I used red quinoa which I got from walmart. You can use any kind of quinoa. If you don't get quinoa, replace it with thinai (foxtail millet). You can make even dosa with the same batter. In traditional kuzhi paniyaram, we add seasonings to the batter, but here I skipped that. If you want, you can add seasonings or grated carrots to the batter and make paniyaram. Make this quinoa paniyaram for breakfast or dinner or evening snacks for kids. Serve this paniyaram with coconut chutney or tomato chutney.

HOW TO MAKE QUINOA KUZHI PANIYARAM RECIPE

QUINOA KUZHI PANIYARAM RECIPE / QUINOA RECIPE



Save Print

Prep time
14 hours
Cook time
30 mins
Total time
14 hours 30 mins

Quinoa kuzhi paniyaram recipe (quinoa lentil balls) is a healthy and delicious gluten free and vegan breakfast recipe. Serve this paniyaram with coconut chutney or tomato chutney.
Author: Gayathri Ramanan
Recipe type: BREAKFAST
Cuisine: Indian
Serves: 50 small paniyaram
Ingredients

- 1 Cup of Idly Rice
- 1 Cup of Quinoa, I used red quinoa
- ½ Cup of Urad Dal
- 1 Tsp of Fenugreek
- Salt to taste
- Oil as needed
- Water as needed

Instructions

1. Soak idly rice, quinoa, urad dal, fenugreek together in a bowl for overnight.

2. Next day, wash twice in tap water and grind it in a grinder / mixie with required water to a smooth paste. Add salt and mix well with hand.
3. Leave it outside to ferment for 5-6 hrs.
4. Add oil and pour the batter in the preheated, oil-greased kuzhi paniyaram pan (aebleskivar pan) and cook till done.
5. Turn over the paniyaram with the help of a skewer and cook the other side.
6. Remove the paniyaram from the pan after it turns golden brown color .
7. Ready to serve with tomato chutney or coconut chutney.

Notes
Best side dishes are coconut chutney and tomato chutney.
You can use any kind of quinoa to make this paniyaram.
If you don’t get quinoa, replace it with thinai (foxtail millet).
You can make even dosa with the same batter.
Don’t cook paniyaram in high flame, which will turn paniyaram brown and leaving uncooked on inside.
Do not leave the batter outside for more than 6 hrs. Batter will turn tangy in taste.
You can refrigerate batter for 2 days. After that it will turns sour in taste.
For a healthier version, add grated carrot and chopped spinach to the batter.



\

Tags: quinoa kuzhi paniyaram recipe, quinoa paniyaram, quinoa recipes, quinoa Indian recipes, quinoa recipe ideas, how to make quinoa paniyaram, prepare quinoa paniyaram, kuzhi paniyaram recipe, easy quinoa recipe, quinoa lentil balls, healthy Indian breakfast recipes, kids snacks healthy, gluten free breakfast recipes, vegan Indian breakfast recipe, thinai paniyaram recipe