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Indian lemon rice with quinoa

Lemon rice is a classic South Indian style preparation. It's a spicy stir fry rice flavored with elaborate tempering good old turmeric and large lime fillles. It's one of the most common ones spotted on festival days like Kalanda Sadam. Lemon rice is more so reputed in rail journeys have been saadam kattu works as hygenously affordable meals on the go. Call it elumachai saadam, chithranna or naranga pothichooru, they all descend into this soul-satisfying rice mix.The memories of lemon rice in a lunch box at school mean mom has a busy day and it was fun to have it in a box. This rice mix was absolutely exciting as she served with Kathrikai podi varuvall, papad and a little more of her Citron lemon cucumber. This memory made me work humble lemon rice into a weekly menu. It leaves me feeling like I've reached the big one on a perfectly terrible day. This recipe is the first to think that my mind overflowed once Aruna listed Ginger and turmeric as secret ingredients. We have teamed up to work together for the Shhh Cooking Secretly Cooking Challenge. The group contains recipes from the region as reviewed by a blogger. We work in pairs creating recipes based on several secret ingredients picked by our blogger buddy for a month. This season we are working on recipes from Tamil Nadu. Aruna blogs at Vasus vegetable kitchen, where she creates some mouth watering Indian treats. It's always so exciting to be in a group and come up with something new. This time it was asothing as Tamilnadu's home kitchen. The ease of making a recipe with leftover rice and flavors as you open your lunchbox just makes everything morning madness settle down. However, you can swap rice for steamed cauliflower rice, gluten-free musings, milty or quinoa for a healthier exchange. Lemon Macaroni Lemon Pea Rice for Kids-try this lemon macaroni version. Similarly, I absolutely adore this combo version too, as we split in opposite directions as a family when it comes to lemon rice, as we have a few not so much like. Peas and lemon rice pulaoGo on, fill the lunch box and get set to go this week. On a separate note, Lemon rice is one of no onions of any garlic, a favorite variety of rice for ramanavami, Navratni, Aadi 18, or on the Deepavali menu. So to save this recipe when you celebrate it is an absolute blessing to have some go-to recipes. Pin it here for later use. Don't miss to mark us when you try these recipes. Stay tuned and sign up for our mailing list. South Indian peel Lemon Rice Yum Wash and soak the rice for 10 minutes Cook the rice in an instapot or pressure cooker to a fluffy yet grain sperate consistency. You can cook the same thing in a pot as well, then you need a little more water. Cool the rice for a while. He smoggles with a fork while cooking. Heat the wok and add the oil. As the oil heats up Add the mustard seeds and urad dal when the mustard spleuurs, add the green chilli peppers, curry leaves, ginger, asafoetida, and peanuts and sinter well. If you are using fresh turmeric add it at this stage saute well until the peanuts are crunchy. Add turmeric powder and remove from heat Add cooked, chilled, blackened rice and mix well Add lemon juice, salt if necessary and chopped coriander and mix until grains of rice are well coated tempering and lemon. Serve with a side of crispy papadams, or any side stir rice. I have to admit: anytime....., I mean, whenever I bowl this Lemon Curry Quinoa, I end up eating half of it for tasting! Every tablespoon of this lite, curry (turmeric) fried lemony quinoa just makes me yearn for another spoon.... it's so very tasty! So, due to my over-reliant love of quinoa, especially this one, needless to say, every time I thought I'd click on a few pictures and share it with you... I've never had enough left! No kidding! Serious! This time I cooked a double dose of quinoa and left half in the fridge to make curry lemon quinoa and share it with you (finally). The best part of this delicious side is, even Vishal loves it! What else am I going to ask for?! In fact, if I can't make it for weeks, he'll ask, how about some lemon quinoa for lunch? And I'm like, Sure! why not???? ;) Hahaha! You know, it only takes 20 minutes to pack this for lunch and this quinoa is healthy too! Vishal and I both don't mind eating an attachment for lunch once-in-a-while... especially when we are made from salad ingredients or there is no mood to eat salads. ;) I often also add some veggies in this quinoa to make lemon quinoa veggies a fried rice kind-of lunch bowl for both of us! The inspiration for this lemon quinoa comes from, one of my favorite, lemon rice. Lemon Rice is a South Indian rice recipe that is popular with my family, friends, and even office colleagues. One of our mutual friends from the office special requests for Lemon Rice whenever they visit us or if we are meeting for a potluck. He'll say, Savita, just bring your lemon rice! Why on earth not everyone adds lemon and curry in rice! Lol! Now, Let's Talk Diet! Gluten-free: Ach sure! Curry Lemon Quinoa is gluten-free. :) Oh yes! This is vegan too! Also, very less per-serving fat. Other than gluten-free and vegan, you can also quinoa nut-free if you omit the tsai. Let me summarize the merits of this delicious Curry Lemon Fried Quinoa for you again: 1. Curry Lemon Quinoa can be served at room temperature. So it's perfect for packing for lunch or for a picnic, and even for a long trip if you're planning one :)2. One of the fastest sides ever. If served for dinner, curry lemon quinoa will be ready for just 20 minutes.3. This is definitely child-friendly. Also the perfect way to into some vegetarian baby food. Add a little chopped carrot and sweet pea peas veggie fried quinoa. Since I've used turmeric and paprika only, the curry flavor doesn't overwhelm at all. Plus lemon juice adjusts the level of spices very well. You can also add some raisins for sweetness.4. One cup of cooked quinoa is about 10 grams of low carbs, like the same amount of cooked white rice. Also quinoa has 8 times more potassium than white rice. So with portion control, quinoa is a great way to eat filling even more healthy and meet daily potassium supplies.5. It stays good in the fridge for up to 1-3 days! So, go ahead and enjoy dinner every day for up to 3 days!6. Plus, it tastes great. Lemon, lite, and delicious! I hope you enjoy my delicious take on Fried Quinoa (Rice). Have a great day! Savita Go to Recipe Print RecipeHere is a fun take on traditional Southern Indian Lemon Rice—this Lemon Quinoa has the same flavors as rice, but is healthier and protein-packed! Quinoa is something I've grown to like over the years. At first I wasn't a fan, but then I developed a floor for him and now I get it in different forms. Sarvesh, on the other hand, is still not a fan. However, now I eat when I mix-in some flavors with quinoa. Like this Mexican Quinoa, Quinoa Khichdi or this Lemon Quinoa.This Lemon Quinoa is another way I get quinoa these days! It requires several ingredients and is easy to make in instant pot.Since I had my IP, I've never really cooked quinoa on a stove-top. South Indian style Lemon Quinoa✔ is flavored with curry leaves, ginger, lemon juice and lots of peanuts!✔ is vegan and gluten-free.✔ can be one for breakfast or lunch.✔ served at room temperature, making it perfect for lunch boxes or picnics. I taste this quinoa in exactly the same way that I make my lemon rice. Replacing rice with quinoa makes food protein packaged and healthy. When testing this recipe, I didn't want quinoa to be mushy at all. So I first tested this recipe with 1 cup of quinoa per 1.25 cups (10 ounces) of water. The resulting quinoa was perfect with each grain separated. However, as it cooled down, it became slightly on the drier side. So, next time I added 1.5 cups of water (12 ounces) and it turned out just perfect. When I opened the lid, the grains looked glued together. But as it cooled down, it became perfect and didn't mush at all. I highly recommend going with 1.5 cups because it stays better that well the next day. Administration SuggestionsTo lemon quinoa is best served at room temperature. I usually ate it with cucumber on the side. You can also eat with chutney. This is one of those recipes that you can make in literally no time, the preparation time is only like 5 minutes, the pressure cooker does most of the work here. If you are looking for new ways to taste quinoa, then give this recipe a try. It's simple, healthy and the lemon flavor is perfect for summer! Method1 - Rinse Quinou with for a while. This is important and helps to eliminate bitterness. Put it away.2 - Press the saute button on the Instant Pot. Once the pot is hot, add the oil and then add the mustard seeds. Let the seeds pop, and then add the chana dal and urad put. Cook for about 30 seconds until put begins to change color.3 - Add the curtain and then green chilli, chopped ginger and curry leaves. Cook for about 30 seconds. Then add the rinsed quinoa to the pot.4 - Add turmeric and salt. Stir to combine.5- Add water and stir.6 - Close the pot with a lid. Press the hand or pressure cooker button and cook at high pressure for 2

minutes with the pressure valve in the sealing position. Let the pressure release naturally.7- Open the pot and quinoa with a fork. Allow to cool and then add lemon juice.8 - Stir in the roasted peanuts. Serve south Indian Lemon Quinoa at room temperature with cucumber on the side. If you have tried this Instant Pot Lemon Quinoa Recipe then be sure to rate the recipe! You can also follow me on Facebook, Instagram to see what's newest in my kitchen! ManaliSouth Indian Style Lemon Quinoa flavored with ginger, mustard seeds, curry leaves and cooked in Instant Pot. Vegan and gluten-free.1 tbsp oil 15ml, I used avocado oil3/4 teaspoon black mustard seeds1 teaspoon chana dal1 teaspoon urad dal dhuli1/8 teaspoon hing1 green chilli sliced1.5 teaspoon chopped ginger 10-12 curry leaves1 cup quinoa 185 grams1/4 teaspoon turmeric powder1/2 teaspoon salt or taste1.5 cups water 12 oz2 tablespoons lemon juice 30 ml2 tablespoons peanut roastedRinse quinoa using a sieves for a minute. This is important and helps to eliminate bitterness. Put it aside. Press the saute button on the Instant Pot. Once the pot is hot, add the oil and then add the mustard seeds. Let the seeds pop, and then add the chana dal and urad put. Cook for about 30 seconds until put begins to change color. Add the curtain and then the green chillies, chopped ginger and curry leaves. Cook for about 30 seconds. Then add the rinsed quinoa to the pot. Add turmeric and salt. Swing to combine, then add water and stir. Close the pot with the lid. Press the hand or pressure cooker button and cook at high pressure for 2 minutes with the pressure valve in the sealing position. Let the pressure release naturally. Open the pot and quinoa with a fork. Leave to cool and then add lemon juice. Stir in the roasted peanuts. Serve south Indian Lemon Quinoa at room temperature with cucumber on the side. Cook quinoa according to the instructions on the package on the hob. Blacked it out and then let it cool down. After it has cooled, transfer it to a large bowl. Add salt, lemon juice and mix.To a small frying pan over a medium heat, add the oil. Once the oil is hot, add the mustard seeds and let them pop, and then add the chana dal and urad put. Cook for about 30 seconds until it starts Color. Add the green chilli, ginger and saute for a few seconds until the ginger starts to change colour. Add the curry leaves, stir and then add the hinge and turmeric, stir and remove the pan from the heat. Transfer the tempering to the cooled quinoa and mix the spices well with the quinoa. Add the baked peanuts and stir. Serve lemon quinoa with cucumber. Quinoa may look a little mashed when you open the pot. Blacked out the fork and let it cool down. The grains will become separate because they will cool down and will not be mushy at all. Calories: 314kcalCarbohydrates: 42gProtein: 11gFat: 12g Carbonated fat: 1g Sodium: 449mgPotassium: 400 mgFiber: 6gSugar: 1gVitamin A: 126IUVitamin C: 72mgCalcium: 51mgIron: 3mg Mention @cookwithmanali or brand #cookwithmanali! Pinterest177FacebookTwitter #cookwithmanali! Pinterest177FacebookTwitter

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