

Instant Pot Vegetable Pulao (Karnataka Style)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-pulao-recipe-indian-vahchef>

Ingredients:

- 1 cup basmati rice rinsed
- 2 1/2 cups veggies mixed, carrots, beans, peas, cauliflower, capsicum and potato
- 1 medium onion thinly sliced
- 1/4 teaspoon turmeric powder optional
- 2 tablespoons cooking oil Or ghee, clarified butter
- 1 1/2 cups water depends on rice quality
- 2 bayleaf
- salt to taste
- 1/4 cup grated coconut optional, i used frozen shredded coconut
- 1 inch ginger
- 4 cloves garlic
- 4 green chili
- 1 teaspoon coriander seeds or coriander powder
- 1 teaspoon cumin seeds /jeera or cumin powder
- 1 teaspoon fennel seeds /saunf, optional
- 1 inch cinnamon stick
- 4 cloves
- 2 cardamom
- 1/4 cup cilantro /coriander leaves, handful
- 1/4 cup mint /pudina leaves, handful
- 1/4 cup water for grinding
- 2 tablespoons onion optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 53 grams
3. Fat: 11 grams

4. Fiber: 5 grams
 5. Protein: 6 grams
 6. SaturatedFat: 3.5 grams
 7. Sodium: 210 milligrams
 8. Sugar: 5 grams
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