

Pressure Cooker Fish Biryani (with Brown Basmati Rice)

Yield: 8 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-style-brown-basmati-rice-recipe>

Ingredients:

- 3 tablespoons ghee /clarified butter divided if cooking on stove-top
- 1 onion large, peeled and chopped
- 1 teaspoon ginger grated
- 3 cups brown basmati rice see notes
- 2 cups water see notes
- 1 cup coconut milk thin
- 1 teaspoon salt
- 3 Roma tomatoes seeded and diced
- 2 pounds white fish fillet boneless skinless firm, cut into large chunks
- 1/2 teaspoon turmeric powder
- 2 teaspoons chili powder
- 1/4 teaspoon salt
- 4 bay leaves
- 1 cinnamon stick large
- 5 cloves
- 1 teaspoon turmeric powder
- 5 cardamom pods
- 1 teaspoon coriander powder
- 1 teaspoon Garam Masala
- 1 bunch cilantro leaves extra for garnishing
- 1 bunch mint leaves

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 70 milligrams
4. Fat: 21 grams

5. Fiber: 6 grams
 6. Protein: 29 grams
 7. SaturatedFat: 8 grams
 8. Sodium: 450 milligrams
 9. Sugar: 3 grams
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