

Quinoa-Peas Pulav for 4



What?

Quinoa : 1 cup
Red Onions : Diced 1 cup
Olive Oil 2 tbsp
Bay leaves : 3
Vegetable broth (or water) : 2 cups
Peas : 1 cup
Salt, Paprika : As desired
Dried basil flakes : ¼ cup

How?

1. Add 1 tbsp oil to Insta Pot. Set to Saute setting
2. When oil is heated(bubbles or sizzles) add the onions saute for 1 min
3. Add bay leaves – saute another 1 min
4. Add green peas, saute
5. Add quinoa and saute for a few secs
6. Add 2 cups vegetable broth
7. Add 2 tbsp salt, 2 tbsp paprika, basil mix well
8. Place lid on cooker, change setting to Rice – make sure the valve release faces forward (not to the sides)
9. When done let pressure release naturally; sprinkle more herbs as desired and enjoy!