

# Panasonic Cooking

## Coconut and Carrot Quinoa Pulao

*Craving for something that is vegetarian and protein rich? Try this coconut and carrot quinoa pulao! It is super delicious and so easy to make!*

### Ingredients:

¾ cup (175 g) white quinoa

¼ cup (25 g) red quinoa

2 cups (500 ml) water

3 tbsp coconut, shredded, unsweetened

2 tbsp sesame seed

Currants or raisins

1 ½ cups carrots, shredded

4 inch (10 cm) cinnamon stick

6 whole cloves

6 whole peppercorns

½ tbsp salt

Canola oil / ghee

### Directions:

1a. Brown the coconut and sesame seeds in a pan with the ghee/ canola oil, then place in the rice cooker pan with the cloves, peppercorns and cinnamon. Proceed to step 2.

1b. Alternatively, combine all of the aforementioned ingredients in the rice cooker pan, insert into the rice cooker, select the Steam setting, adjust the timer to 1 minute and brown the coconut mixture.

Leave the lid open while browning, stirring constantly until the coconut is a nutty colour. Once it's done, press the Off button.

2. Place the remaining ingredients into the rice cooker pan, close the lid, select the Quick Cook setting, and press Start.

3. Once you hear the beep, open the lid and remove the pulao from the pan.