

Lemon-Saffron Millet Pilaf

Ingredients

- 2 onion, peeled and finely diced
- 2 cloves garlic, minced
- 3 carrots, chopped
- 1 tsp garam masala
- 3/4 tsp coarse salt
- 1/4 tsp freshly ground pepper
- 1/4 tsp saffron threads, crumbled
- 1 1/2 cups millet
- 3 cups water
- 1 tbsp freshly squeezed lemon juice
- 1 tbsp finely chopped lemon zest

Preparation

1. Toast the millet in a heavy bottom pot for 3-5 minutes. Remove the pot from the heat and pour the water, and salt and bring to a boil.
2. Reduce heat, stir in minced garlic, lemon juice, chopped onion, and carrot, cover and cook for 5-8 minutes.
3. Add garam masala and saffron threads, cover again and cook for a few minutes until water is absorbed. Fluff with a fork, sprinkle with lemon zest, enjoy!

Calories:163

Carb:29.9g

Fat:0.9g

Protein:4.3g

Prep time:30 mins

Cook time:20 mins

Total time:50 mins

Servings:3

Category: Main
course

