



VEGETABLE BIRYANI

Season:	Any
From the garden:	Kale, silverbeet, peas, spring onion, courgette, carrot, coriander
Type:	Dinner
Difficulty:	Moderate
Country of origin:	India
Serves:	30 tastes or 6 serves
Source:	easypeasyfoodie.com

Equipment

- *chopping board and knife
- *measuring cup and spoons
- *bowls
- *large saucepan
- *wooden spoon
- *frying pan

Ingredients

- *big handful of greens
- *small bunch of spring onion
- *1 medium courgette
- *2 medium carrot
- *1 cup peas
- *3 cloves garlic
- *2 tsp cumin
- *2 tsp garam masala
- *2 tsp turmeric
- *2 tsp ground coriander
- *1/2 tsp cinnamon
- *1/4 tsp chilli powder
- *2 1/2 cups basmati rice
- *1/2 cup raisins
- *3-4 cups vegetable stock

To serve:

- *2 onions, sliced and fried until browned and crispy

***yogurt**

***chopped coriander leaves**

Method

- 1.wash the rice and rinse 3x. After washing, add more water to the rice and let it soak until needed.**
- 2. remove any tough stalks from the greens and slice the leaves**
- 3.cut the carrots and courgette into small cubes**
- 4.shell the peas, slice the spring onion and peel and chop the garlic**
- 5.fry the courgette in a little oil until browned, set aside**
- 6.heat a little oil in the saucepan and add the spring onions, garlic and the dry spices, fry over a low heat for a minute, then add the draining rice and fry for another minute**
- 7.add the carrots, peas, raisins and stock and bring to the boil. Turn the heat down, and with a lit on the pan, let the rice simmer for around 20 minutes. Check after 15 minutes to make sure there is enough liquid and the rice does not start to stick to the pot. Add more stock or water if necessary**
- 8.add the sliced greens and fried courgette in the last 5 minutes of cooking time**
- 9.when the rice is tender, turn off the heat and with the lid still on the pan, let the rice sit for 10 minutes**
- 10.serve with the crispy onion, a dollop of yogurt and a sprinkle of fresh coriander**

Skills: *measuring, chopping*