



VEGETABLE BIRYANI

Ingredients:

- 2 tablespoons of Mama Dor's Gujarati Chicken Masala spice blend
- 1 large carrot, cut into 1 inch chunks
- 100g frozen peas
- 50g green beans, cut into 1 inch pieces
- 1 small cauliflower, broken into florets
- 1 medium potato, cut into 1 inch chunks
- 1 large onion, diced
- 2 fresh chillies (optional)
- 300g natural yoghurt
- 2 tablespoons tomato puree
- 2 tablespoons extra virgin olive oil
- 2 cups basmati rice, washed and soaked
- 2 tsp salt
- 6 eggs, hard boiled, peeled and cut in half
- 250g puy lentils, cooked
- 50g butter

Method:

Make a paste by mixing the Mama Dor's Spice Blend with the yoghurt and tomato puree. Add the veg (apart from the onion) and mix thoroughly. Marinate for as long as you can. In a deep saucepan, fry the onion in olive oil, until golden brown. Add the veg and the marinade sauce and mix well. Top

with enough tap water to cover the veg. Reduce heat, cover and leave to cook for about 30 mins, until the veg is mostly cooked.

While the veg is cooling, in a separate large saucepan, boil 3 cups of water with the salt. Once boiling, add the drained rice. Cook on a high heat for 5mins until most of the water is absorbed. Drain the rice and use the same saucepan to layer your biryani. To do this, add half the rice, half the lentils and then all the veg mix. Follow with the rest of the rice and lentils. Finish off by layering the eggs and the butter on top. Cover tightly and leave on a low heat to infuse for about 30mins. Check it's done by taking off the lid and seeing steam! Serve with raita and side salad of cucumber salad.