

OUR RECIPE

Vegetable Biryani

Serves 4



INGREDIENTS

- 2 tbsp veg oil
- 1 small broccoli, broken into small florets
- 1 large sweet potato, peeled and cubed
- 1 large salad onion, sliced
- 200g carrots, grated
- 100g peas, frozen
- 1l hot veg stock
- 3 tbsp curry paste (Madras is good)
- 1 red chilli, seeded and finely chopped
- 2 tsp mustard seeds (black or white), optional
- 500g basmati rice (we use Tilda)
- 100g tomatoes, chopped
- 2 lemons, juice squeezed
- Handful of fresh coriander leaves (use dried if you can't get fresh)



As taste tested by the pupils at Endeavour Primary school in Andover after their cookery session. It was given 10/10!

METHOD

1. Preheat oven to 220C/gas 7/fan 200C.
2. Pour oil into large roasting tin or ovenproof dish and heat in oven for two minutes.
3. Add all vegetables to the tin, stirring to coat them in hot oil.
4. Season with salt and pepper and return to oven for 15 minutes until they are browning.
5. Stir together stock, curry paste, chilli and mustard seeds.
6. Mix the rice with vegetables in the tin and pour over stock. Cover dish with foil and bake at 190C/gas 5/fan 190C until rice is tender and liquid has absorbed.
7. Stir in lemon juice and sprinkle over the chopped coriander.