

PAKISTANI VEGETABLE BIRYANI

SOUTH ASIA
/ PAKISTAN

ORIGINS

Deriving from the Persian word 'Biryani' meaning 'fried before cooking', Biryani was created by the Queen of the Mughal Empire, Mumtaz Mahal, in the 1600s to feed undernourished Indian Soldiers. To create a sustaining meal of carbohydrates and protein, a layered dish of golden fried rice and spiced meat was made. Since its conception, many variations have arisen with additions like fruit and nuts, particularly in Pakistani regions.



4



10 min



40 min



WHAT YOU NEED

- 1/2 pkt (17 g) Pakistani spice
- 200 g tin of chickpeas
- 1 onion, chopped
- 200 g sweet potatoes peeled and cubed
- 200 g cooked beetroot, cubed
- 1/2 cup frozen peas
- 200 g natural yoghurt*
- 1/2 - 1 cup of vegetable stock
- 2 tbsp lemon juice
- 2-3 cups of rice par cooked

HOW TO MAKE

①

Sauté ½ onion, 5 min. Add spice, sauté 1 min.

②

Add sweet potatoes, yoghurt, beetroot, peas and chickpeas and stock. Simmer 10 min.

③

Fry rest of the onion till crispy and golden. Set aside.

④

Spread par cooked rice on top of vegetables, sprinkle with onion, turn off heat and cover, 20 min.

HOW TO SERVE

Season with lemon juice and garnish with fresh mint and coriander leaves.

HINTS & TIPS

SIDES & CONDIMENTS

Add 2 tbsp of cashews and currants into the rice when cooking for extra texture and flavour. The best condiments are eggplant or tomato kasundi.

SWAPS & ALTERNATIVES

veggie combos: add 1 capsicum, and 200 g green beans for extra crunch.

alternative: use 200 g coconut milk instead of yoghurt*

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