

Recipe of the Week 40

Vegetable Biryani with Cashews

A great vegetarian dish packed with micro nutrients. The phyto chemicals in the cauliflower will optimise health and immunity. The cashews add a source of protein, but if you have had an intense S&C session, this dish would make a good accompaniment to your meat, or add chopped chicken breast or lean lamb into the dish.

Ingredients



- 1 cup brown basmati rice, rinsed until water runs clear
- 1 tablespoon canola oil
- 2 to 3 cloves garlic, chopped
- 1 large onion, cut into small wedges
- 1 (2-inch) piece ginger, peeled and finely chopped
- ½ cup roasted chopped cashews, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground black pepper, divided
- ½ cup fat free plain yoghurt
- 1 tablespoon curry powder
- 5 cups chopped vegetables (such as cauliflower, carrots or green beans)
- 2/3 cup water
- 1 cup frozen peas

Serves: 6 – 8

Preparation time: 30 minutes

Cooking time: 25 minutes

<p>Each serving contains Energy – 220 kcal Carbohydrates – 34 g Protein – 6 g Fat – 8 g (Saturated 1g)</p>

Method

1. Preheat oven to 180°C. Bring a medium pot of water to a boil. Add rice and simmer for 30 minutes; drain well.
2. Meanwhile, heat oil in a large ovenproof pot over medium high heat. Add garlic, onion, ginger, half of the cashews, ¼ teaspoon salt and ¼ teaspoon of pepper and cook, stirring often and adding a splash of water when the mixture sticks to the pot, until deep golden brown and soft, about 15 minutes. Add yoghurt and curry powder and cook until thickened, 2 to 3 minutes more.
3. Stir in vegetables, water, remaining ¼ teaspoon salt and ¼ teaspoon pepper, cover and simmer until vegetables are tender on the outside but not cooked through, about 5 minutes. Remove pot from heat and stir in frozen peas.
4. Arrange hot, drained rice over vegetables, cover pot with foil and a tight-fitting lid and bake until rice and vegetables are tender, about 25 minutes. Uncover, carefully transfer contents of pot to a large bowl and toss together gently. Spoon into bowls and serve garnished with remaining cashews.

Adapted from: <http://www.wholefoodsmarket.com/recipes/2609>

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