Cheat's Biriyani
RECIPE

Cheat's Biriyani



TIME	35 mins
INGREDIENTS	11 items
MAKES	2 servings

An Indian dish known for its complexity and slow cooking, this cheats method is quick and tasty for a delicious dinner!

INGREDIENTS

- Ben's Original™ Pilau Microwave Rice 220g
- 1tbsp Sunflower Oil
- 1 White Onion, chopped
- 2 Garlic Cloves, crushed
- 2cm piece of Fresh Ginger, grated
- 2tbsp Curry Paste (Tikka works well)
- 80g Cauliflower, cut into small florets
- 1 Red Pepper, chopped
- 1 Carrot, chopped
- 100ml Vegetable Stock
- Small handful of Coriander, chopped

INSTRUCTION

1. Preheat the oven to 180C. Heat the oil in a frying pan over a medium heat. Add the onion and cook for 10 minutes until soft and translucent. Followed by the garlic, ginger and curry paste and cook for 2-3 minutes until the spices begin to release an aroma.
2. Add the corn, courgette and carrot and stir through to coat in the spice mix. Fry for 5 minutes.
3. Meanwhile, place the Ben's Original™ rice into a medium sized oven proof pan and layer the spinach on top. Add the curried vegetables and pour over the stock. Place the dish in the oven for 15 minutes until the top of the dish is beginning to go crispy.
4. Remove the dish from the oven and top with chopped coriander. Serve immediately making sure each dish gets a layer of rice, spinach and vegetables.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 50.1
- Cholesterol (mg) 0
- Dietary Fiber (g) 6.4
- Energy (kJ) 1370
- Protein (g) 7.4
- Sugars (g) 10.4
- Total Fat (g) 9.3
- Saturated Fat (g) 0.9
- Salt (g) 1.95
- Sodium (mg) 780
- Trans Fat (g) 0

Categories:

Vegeterian, 30-45 Min, Pilau, Bake, Food of the World, Make your own Takeaway, Veggie favourites

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Tikka Salmon

Cooking time

25 mins

Ingredients

9 items



Slow Cooker Chicken Tikka Masala

Cooking time

185 mins

Ingredients

8 items

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