



Vegetarian Biryani

| What to collect | |
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| Ingredients | Equipment |
| 1 tablespoon vegetable oil | large saucepan |
| 1 brown onion, halved, thinly sliced | wooden spoon |
| 2 garlic cloves, sliced | metric measuring cups/spoons |
| 1 cinnamon stick | chopping board |
| 6 cardomom pods, bruised | knife |
| 1 ½ teaspoons ground cumin | |
| 2 cups basmati rice | |
| 3 cups vegetable stock | |
| 175g green beans, trimmed | |
| 200g cauliflower, cut into florets | |
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What to do

1. Heat oil in saucepan over medium heat.
2. Cook onion & garlic for 4 minutes till onion is soft.
3. Add spices and cook for 30 seconds.
4. Add rice, stir to coat. Add stock, beans and cauliflower. Bring to the boil and reduce heat to low.
5. Simmer, covered for 15 minutes or until liquid has been absorbed.
6. Remove from heat and let stand covered for 10 minutes. Remove cinnamon stick.
7. Serve with yoghurt.