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Vegetable Biryani

The Biryani method of cooking originated in Iran and was later on brought to India. Vegetable Biryani is a mild dish with traditional flavours and ingredients children will thoroughly enjoy.

Ingredients

| | |
|-------------------------------|-----------------|
| Stock, beef, powder | 2g (½ t) |
| Water | 200ml (¾ C) |
| Olive oil | 20ml (2 T) |
| Onion, diced | 100g (1 large) |
| Garlic, chopped | 3g (1 clove) |
| Cinnamon, ground | 2g (½ t) |
| Nutmeg, ground | 1g (¼ t) |
| Cloves, ground | 2g (½ t) |
| Eggplant, diced | 100g (1 ¼ C) |
| Cauliflower, florets | 200g (1 ½ C) |
| Rice, dry | 100g (½ C) |
| Butter beans, canned, drained | 600g (1 ½ cans) |
| Broccoli, florets | 250g (2 ¼ C) |
| Peas, frozen | 100g (2/3 C) |
| Coriander, fresh | 2g (¾ t) |

Cooking Time:

55 minutes

Serves:

10 children

Allergen Information:

Contains: contains gluten and wheat.

Some stock powders contain wheat and/or soy.

Food Groups:

| | |
|------------|------|
| Fruit | 0% |
| Vege | 100% |
| Meat/Alt * | 70% |
| Cereals | 130% |
| Dairy | 0% |
| Fat | 40% |

* meat = lean meats, poultry and fish;

meat alternatives = eggs, tofu, nuts,

| | |
|--------------------------------|------------------|
| Serve with | |
| Pita bread, wholemeal, toasted | 400g (5 pockets) |

Method

1. Prepare vegetables.
2. Heat 200ml water and add stock powder in a small saucepan over medium heat.
3. Heat oil in a large heavy-based saucepan with a lid.
4. Add onion, garlic and spices (cinnamon, nutmeg, cloves) cook, stir occasionally, for 3 minutes or until golden.
5. Add eggplant and cauliflower, cook for a further 3 minutes.
6. Add rice to the mixture and stir to coat.
7. Add stock from saucepan and cook covered for 10-15 minutes.
8. Add beans, peas and broccoli florets, cook for a further 10 minutes. More liquid may be required if sticking to the bottom of the pot.
9. Use a fork to separate the rice and stir through the fresh coriander.
10. Serve with toasted wholemeal pita breads.

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