Biryani Rice with Vegetables
Ingredients:
1 TBL ghee or olive oil
1/2 cup onion, chopped
1-2 tsp Mahavira’s feast
2 garlic cloves, minced
1 TBL ginger grated
3 green onions, whites and greens
separated and diced.
1 ½ cups mixed vegetables cut into
1/4″ dice (carrots, celery, peppers,
peas, etc.)
1 cup basmati rice, washed well and
drained.
1 tsp salt (or to taste)
1 1/3 cups vegetable stock or water
Garnish
Toasted almonds or cashews
2 TBL chopped fresh cilantro
Spices Used: Mahavira’s Feast
4 Servings
Instructions:
1 - Heat up pot on medium heat, add olive oil or ghee.
2 - Add onion and cook slowly for 5 minutes or until soft.
3 - Add Mahavira’s Feast spice and cook for two minutes.
4 - Add ginger and garlic and cook for two minutes
5 - Add white parts of green onions, cooks for 2 minutes.
6 - Add vegetables and cook for a few minutes.
7 - Add rice and mix well.
8 - Add stock or water. Bring to a boil. Cover and lower heat.
Simmer for 15 to 20 minutes or until liquid is absorbed.
9 - Let rice rest for 5 minutes. Fluff with a fork and serve.
10 - Garnish with nuts and cilantro and green parts of green
onions.