

# Vegetable Biryani

**Season:** Winter

**Type:** Main

**Serves:** 36 tastings

**From the garden:** Broccoli, carrot & mint



Equipment:	Ingredients:
<p>Large bowl x 1 Small stockpot &amp; lid x 1 Wooden spoon x 2 Chopping boards and knives Measuring cups Measuring spoons Baking paper Baking tray x 1 Serving bowl x 5 Serving spoon x 5</p>	<p>1 tablespoon canola oil 1 head broccoli (cut into small florets) 2 carrots (skin-on, cubed - 1cm) 1 teaspoon garam masala 1 teaspoon cumin</p> <p>3 tablespoons canola oil 1 onion (quartered, thinly sliced) ½ piece of cinnamon quill 3 bay leaves</p> <p>3 cups basmati rice (washed &amp; soaked in 4 ½ cups water for 30 minutes – this step is already done) 1 teaspoon rosewater 1 ¼ teaspoon salt</p> <p>1 cup frozen peas (rinsed with hot water) 1 cup sultana 1 tablespoon mint (finely chopped)</p>

## What to do:

1. Heat oven to 200C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put broccoli, carrots, oil (1 tablespoon), garam masala and cumin in a large bowl, stir until evenly coated.
4. Pour into lined baking tray and bake for 10 minutes or until beginning to brown.
5. Meanwhile, heat oil (3 tablespoons) in a small stock pot over medium heat, add onion, cinnamon quill and bay leaves, cook until onion is slightly caramelised, about 5 minutes.
6. Add in rice, water, rosewater and salt, stir to mix evenly.
7. Bring it to the boil, put the lid on, turn the heat to low and simmer until rice is cooked, about 10-12 minutes.
8. **It is important NOT to stir the rice while cooking. Doing so will cause the rice to stick to the pot.**
9. Once the rice is cooked, add in peas, sultana, mint and the roasted vegetables. Toss gently.
10. Serve into 5 large serving bowls with a serving spoon in each.