

# Vegetable Biryani

2 exchanges per serving



## Ingredients (Serves 2):

1 small carrot, peeled, cut into small cubes

1 medium potato, peeled, cut into small cube

¼ green pepper, diced

¼ red pepper, diced

200ml vegetable stock\*

25g (1oz) french beans, finely chopped

50g (2oz) frozen peas

1 tsp tomato purée\*

½ tsp finely chopped green chillies

1 tsp Garam masala

¼ tsp ground turmeric



½ chopped tomato

225g (8oz) cooked **Loprofin Rice**

1 small onion, finely chopped

½ tsp cumin seeds, toasted

½ tsp red chilli powder

Chopped coriander



**Oven temperature:** Preheat the oven to 170C/235F/Gas 3



**Equipment:** Ovenproof dish, frying pan and a small saucepan



## Method:

1. Cook the carrot, potato, peppers, french beans and peas in a pan of boiling water for 3–4 minutes, or until tender then drain the vegetables.
2. In a pan of hot oil, add the drained vegetables and sauté for 1 minute.
3. Add the tomato purée, chopped tomatoes, green chillies, garam masala and turmeric to the vegetables and mix until well combined.
4. Add the vegetable stock\* and simmer for 15 minutes on a low heat until the liquid is soaked into the Loprofin Rice.
5. Place the mixture in an ovenproof dish. Sprinkle the rice with the chopped onions, cumin seeds and red chilli powder. Cover with aluminium foil and bake for 15 minutes.
6. Serve, sprinkled with fresh coriander.



**Suitable for freezing**

\*Please check the protein levels on food labels.