

Vegetable Biryani

Serves 6

Preparation time: 10 minutes

Cooking time: 45 minutes

Ingredients

1 tbsp vegetable oil
1 cauliflower chopped into florets
2 sweet potatoes peeled and cubed
1 onion sliced
1 litre vegetable stock
3 tbsp hot curry paste
1 red chilli, deseeded and chopped
2 tsp mustard seeds (black or white)
500g rice
140g green beans halved
2 lemons, juice only
Coriander leaves
50g packet of salted roasted cashew nuts

Method

Heat the oven to 220C/gas mark 7. Put the oil in a large ovenproof dish and place in the oven for a few minutes to heat. Add the vegetables to the dish, except for the beans. Season the vegetables and then place in the oven for 15 minutes.

While the vegetables are in the oven, mix the stock, curry paste, chilli and mustard seeds together.

Put the rice and the green beans in the dish of vegetables and pour over the stock mixture. Turn the oven down to 190C/gas mark 5. Cover the dish with foil and cook for 30 minutes or until all the liquid has been absorbed. Stir in the lemon juice and mix in the coriander and cashew nuts.