



# U C O O K

— COOKING MADE EASY

## Fragrant Five-Veg Biryani

**with charred cauliflower and carrot,  
raisins & flaked almonds**

Load up with nutrients and indulge in our take on a favourite of Indian cuisine. Charred veg, baby spinach, and raisins, blanketed by aromatic rice and steamed until fully infused with a lavish array of spices. Relish the vegan version, or enrich it with milk and butter!

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**Hands-On Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 2 People

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**Chef:** Jessica Sole

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 **Vegetarian**

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## Ingredients & Prep

20g	Flaked Almonds
240g	Carrot <i>peeled &amp; trimmed</i>
30g	Raisins
300g	Cauliflower Florets <i>cut into bite-size pieces</i>
300g	Green Beans <i>rinsed, trimmed &amp; halved</i>
40g	Baby Spinach <i>rinsed</i>
200ml	Spice & All Things Nice Breyani Rice
1	Onion <i>peeled &amp; finely sliced</i>
2	Garlic Clove <i>peeled &amp; grated</i>
20g	Fresh Ginger <i>peeled &amp; grated</i>
2	Fresh Chilli <i>deseeded &amp; chopped</i>
20ml	Medium Curry Powder

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Butter (optional)  
Milk (optional)  
Sugar/Sweetener/Honey (optional)

**1. ALMONDS & SAMBAL** Preheat the oven to 200°C. Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool. Slice half of the trimmed carrot into rounds and set aside.

**2. CHARRED VEG** Return the pan to a medium-high heat with a drizzle of oil or knob of butter. When hot, sauté the carrot rounds, halved green beans, and cauliflower pieces for 4-5 minutes until lightly charred. On completion, add in three-quarters of the rinsed baby spinach and half of the raisins. Toss until coated, and season to taste. Transfer to an ovenproof pot or dish (that has a lid) and set aside.

**3. PARCOOK THE RICE** Place the rice in a pot and submerge in 500ml of water. Stir through 1 tsp of salt, cover with a lid, and place over a medium heat. Bring to a simmer and parcook for 7-9 minutes until the rice has softened slightly. Remove from the heat on completion.

**4. CURRY BASE** Return the pan to a medium heat with another drizzle of oil or knob of butter. When hot, fry the sliced onion for 9-12 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further. On completion, add the grated garlic, the grated ginger, and the chopped chilli to taste. Fry for a minute until fragrant, shifting constantly, then add the curry powder and continue to fry for another minute. Add a splash of water to deglaze the pan. Transfer to the pot of veg and toss to coat.

**5. GET STEAMY** Spoon the half-cooked rice over the veg and spread out to form a layer. Evenly pour over 100ml of milk or water and cover with the lid — if you don't have one, you can use a piece of tinfoil instead! Place in the oven for 15-20 minutes until the rice and lentils are completely cooked through. Remove from the oven on completion and lightly toss together to incorporate any remaining liquid. Grate the remaining carrot and place in a bowl. Toss through the remaining raisins and season to taste.

**6. COMFORT FOOD AT ITS BEST** Plate up a generous helping of vegetable biryani and sprinkle over the toasted almond flakes. Place the remaining baby spinach on the side, top with the carrot sambal, and garnish with any remaining fresh chilli to taste. Get started, Chef!



## Chef's Tip

Cauliflower is high in fiber (for digestive health), antioxidants (for cell health), choline (essential for learning and memory) and B-vitamins (for overall cell function).

## Nutritional Information

Per 100g

Energy	401kJ
Energy	96Kcal
Protein	3.1g
Carbs	18g
of which sugars	4.7g
Fibre	4.2g
Fat	1.4g
of which saturated	0.1g
Sodium	15mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days