



UCOOK

Vibrant Veggie Breyani

with mushrooms & brown basmati rice

A vegetarian take on the traditional breyani! Delicious fried mushrooms, baby marrow, and lentils are at the heart of this rich and saucy dish. Served with brown basmati rice, minty yoghurt, fresh chilli, and tons of flavourful spices. This dish will warm your soul and satisfy your tastebuds!


Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Veggie

 Waterkloof | False Bay Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100ml	Brown Basmati Rice <i>rinsed</i>
8g	Mixed Herbs <i>(4g Fresh Coriander & 4g Fresh Mint)</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>rinsed, deseeded & roughly sliced</i>
65g	Button Mushrooms <i>wiped clean & roughly sliced</i>
60g	Tinned Lentils <i>drained & rinsed</i>
10ml	Spice Blend <i>(5ml NOMU Indian Rub & 5ml NOMU Garam Masala Rub)</i>
1	Onion <i>½ peeled & roughly diced</i>
3,75ml	Whole Spices <i>(1 Cinnamon Stick, 3,75ml Cumin Seeds & 1 Cardamom Pod)</i>
100g	Baby Marrow <i>rinsed & cut into bite-sized pieces</i>
40ml	Coconut Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender (optional)

1. BREYANI RICE Place the rinsed rice in a pot with 300ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. FRESH CORIANDER & MINT PASTE Rinse, pick, and finely chop the mixed herbs. In a bowl, combine the chopped coriander, ½ the chopped mint, the grated garlic, ¾ of the sliced chilli (to taste), and a drizzle of oil to create a chunky paste. Alternatively, you can combine these ingredients in a blender (optional) or pestle and mortar. Set aside.

3. SPICE & ALL THINGS NICE Place a pot over medium-high heat with enough oil to cover the base. Add the sliced mushrooms and the drained lentils and fry until softened and browned, 5-6 minutes. Sprinkle in the spice blend and fry until fragrant, 1-2 minutes (shifting constantly). Mix in the diced onion and the whole spices. Sauté until the onion is soft, 3-4 minutes. Remove and discard the cinnamon stick. Mix in the coriander mint paste and a pinch of salt. Fry until fragrant, 3-4 minutes (shifting regularly).

4. BABY MARROW When the spices have finished frying, add the baby marrow pieces and fry until softened, 4-5 minutes (shifting occasionally).

5. THE FINAL STEAM & MIX Add the cooked rice to the pot of lentils and gently toss together, 1-2 minutes. Remove from the heat, cover, and set aside to dry, 10 minutes. There should be no liquid remaining. In a bowl, combine the yoghurt, the remaining mint, and seasoning. Set aside.

6. THE BEST BREYANI! Dish up a mound of fragrant mushroom and baby marrow breyani. Dollop over the minty yoghurt and garnish with the remaining chilli (to taste). Well done, Chef!

Nutritional Information

Per 100g

Energy	530kJ
Energy	127kcal
Protein	5.5g
Carbs	24g
of which sugars	3.1g
Fibre	4.9g
Fat	1.4g
of which saturated	0.4g
Sodium	53mg

Allergens

Allium

Cook
within 3
Days