



UCOOK

Vibrant Vegan 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: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Hannah Duxbury

 Veggie

 Creation Wines | Creation Chenin Blanc

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

Ingredients & Prep

300ml	Brown Basmati Rice <i>rinse</i>
20g	Mixed Herbs <i>(10g Fresh Coriander & 10g Fresh Mint)</i>
4	Garlic Cloves <i>peel & grate</i>
4	Fresh Chillies <i>rinse, trim, deseed & roughly slice</i>
500g	Button Mushrooms <i>wipe clean & roughly slice</i>
240g	Tinned Lentils <i>drain & rinse</i>
40ml	Spice Blend <i>(20ml NOMU Indian Rub & 20ml NOMU Garam Masala Rub)</i>
2	Onions <i>peel & roughly dice</i>
15ml	Whole Spices <i>(4 Cinnamon Sticks, 15ml Cumin Seeds & 4 Cardamom Pods)</i>
400g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
160ml	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 900ml 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 large pot over medium-high heat with enough oil to cover the base. When hot, fry the sliced mushrooms and the drained lentils until softened and browned, 6-7 minutes. Add 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, 6-8 minutes. Remove and discard the cinnamon sticks. Mix in the coriander mint paste and a pinch of salt. Fry until fragrant, 6-7 minutes (shifting regularly).

4. BABY MARROW When the spices have finished frying, add the baby marrow pieces and fry until softened, 5-6 minutes (shifting occasionally).

5. THE FINAL STEAM & MIX Add the cooked rice to the pot of lentils and gently toss together, 2-3 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 & baby marrow breyani. Dollop over the minty yoghurt and garnish with the remaining chilli (to taste). Well done, Chef!

Nutritional Information

Per 100g

Energy	462kJ
Energy	111kcal
Protein	5.2g
Carbs	21g
of which sugars	2.9g
Fibre	4.7g
Fat	1.2g
of which saturated	0.3g
Sodium	43mg

Allergens

Allium

Cook
within 3
Days