



# Vegetable biryani

## What you'll need

- ✓ 2 tablespoons vegetable oil
- ✓ 2 tablespoons medium curry powder
- ✓ 1 teaspoon bouillon powder or reduced salt veg stock
- ✓ 1 onion, peeled and diced
- ✓ 1 large carrot, peeled and diced
- ✓ 1 large potato, washed and cubed (no need to peel)
- ✓ 100g frozen peas
- ✓ 1/2 cauliflower, broken into small pieces
- ✓ 1 large can (400g) chickpeas, drained and rinsed (240g drained weight)
- ✓ 200g white rice
- ✓ 400ml water

## Allergies

- ✓ Gluten free
- ✓ Egg-free
- ✓ Dairy free
- ✓ Vegetarian
- ✓ Vegan (if bouillon is vegan)

Recipe makes 4 adult portions

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# Vegetable biryani

## What to do

1. Heat the oil in a large pan and add the curry powder, bouillon powder and onion and cook for a few minutes until the onion softens.
2. Add the carrot, potato, peas, cauliflower, chickpeas and rice and stir for 1 minute.
3. Pour over the water and simmer gently with the lid on the pan for about 20 minutes until the rice is tender and the vegetables are all cooked. Keep some soft cooked cauliflower pieces on the side to offer babies as a finger food.

## For babies

Don't add the bouillon powder until after you have taken out the baby's portion. Chop the vegetables finely, and allow to cool before serving.

## Leftovers

Cool first (within an hour) and put straight in an airtight container in the fridge for no more than 24 hours. Make sure any leftovers are heated thoroughly through to piping hot. Only reheat once. Cool before serving to babies.

Adults, or teenagers  
aged 12–18



5–11 year old



1–4 year old



7–12 month old

