

Vegetable Biryani

Cook Time: 1hr Serves: 4-6

Ingredients:

- 3/4 c. dried green lentils, drained and rinsed
- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 cloves garlic, minced
- 1 tbsp curry paste
- 1/4 tsp salt & pepper
- 2 cups cauliflower florets
- 1 c. basamati rice
- 1/4 c. raisins
- 2 1/4 c. vegetable broth
- 1 c. frozen green peas, thawed
- 1/4 c. toasted sliced almonds

Instructions:

Step 1: In saucepan of boiling water, cook lentils for 10 minutes; drain.

Step 2: Meanwhile, in Dutch oven, heat oil over medium-high heat; saute onion until deep golden, about 6 minutes.

Step 3: Add carrots, garlic, curry paste, salt and pepper; saute until fragrant, about 3 minutes. Stir in cauliflower, rice, raisins and lentils to coat.

Step 4: Add broth; bring to boil. Reduce heat and simmer, covered, until rice, lentils and vegetables are tender, about 20 minutes. Stir in peas; cook until heated through, about 4 minutes. Sprinkle with almonds.