

Vegetable Biryani

Serves 4



PROJECT FOOD

A helping hand to healthy eating

Ingredients

Olive oil

200g basmati rice

2 garlic cloves, finely chopped

1 tbsp medium curry powder

1 low salt vegetable stock cube dissolved in 625ml boiling water

1 orange pepper, deseeded and diced

6 spring onions, trimmed and chopped

50g sugar snap peas, each sliced into 3 pieces

100g broccoli, cut into small florets

100g cauliflower, cut into small florets

50g frozen peas

50g sweetcorn (tinned or frozen)

Handful of chopped fresh coriander

3 medium eggs

Juice of 1/2 lemon

Freshly ground black pepper



1. Drizzle a little olive oil in a large saucepan and place over a medium heat. Add the rice, garlic and curry powder and fry for 1-2 minutes, stirring, then add the stock. Stir well, turn the heat down to low, cover and simmer for 10-15 minutes. Cook the rice until soft and the water has been absorbed. While the rice is cooking, drizzle a little olive oil in a frying pan or wok, place over a medium heat and add all the veg. Fry for about 10 minutes, stirring continuously—don't overcook the veg as you want them to remain crunchy.
2. When the rice is cooked, remove the lid, add the cooked veg and stir in most of the coriander. Replace the lid and keep it hot.
3. Whisk the eggs in a bowl and season with black pepper.
4. Drizzle a little olive oil in a clean frying pan and place over a medium heat. Pour in the egg and cook on one side for 1-2 minutes, then flip it over to make an omelette and remove it from the pan.
5. Stir the lemon juice through the rice, then cut the omelette into slices and arrange it on top.
6. Sprinkle with the remaining coriander and serve.

Top tips

A biryani is a baked rice dish that is bursting with spices and flavours. Made with loads of beautiful bright vegetables this is a very satisfying health meal with masses of flavour. The egg provides both the protein and an extra layer of texture to the dish.

This is a dish that is great for using up veg from your fridge that needs eating. Try different types of veg to suit you.

Vegetable Samosas

Makes 6



PROJECT FOOD

A helping hand to healthy eating

Ingredients

2 medium potatoes, peeled and cut into 1cm cubes

75g frozen peas

Olive oil

1/2 onion diced

1 garlic clove, crushed

1 tsp grated root ginger

Generous pinch of chilli powder

1 1/2 teaspoons curry powder

30g spinach

Juice of 1/2 lemon

Half a pack of filo pastry

1 egg, beaten

Fresh coriander, to serve (optional)



1. Cook the diced potatoes in a pan of boiling salted water for 5 minutes, then drain. Cook the peas in boiling salted water and drain.
2. Preheat the oven to 200°C (fan 180°C/gas mark 6) and line a baking tray with some greaseproof paper or baking parchment.
3. Drizzle a pan with some olive oil and place over a medium heat. Add the onion, garlic and ginger and cook for 3-4 minutes until softened but not browned, then add the spices and cook for another minute. Stir in the cooked potato and mash it slightly with a fork or the back of the spoon before adding the uncooked spinach, lemon juice and peas. Add a pinch of salt and stir. Allow to cool
4. Cut the pastry into a strip about two to three inch wide strips and brush with a little oil. Place another strip on top
5. Then place a tablespoon of filling at the bottom of the strip and fold over from one corner from the bottom edge to the other side follow this by folding over the covered corner to the opposite side forming a parcel.
6. Brush a little flour and water mix on to the edge of unfolded pastry and fold over to seal in the filling
7. Brush with a little more oil and bake in the oven for 10/12 minutes until golden brown.
8. Remove from the oven and serve warm. You can also allow to cool, wrap in baking parchment and freeze for another day.