

GREEN PULAO (makes 5-6 servings)

1 cup of **cashews** (soaked overnight)

3/4 cup of **desiccated coconut** (covered with boiling water and soaked overnight)

50 g fresh **mint leaves** (or 1/4 cup dried)

50g fresh **coriander leaves**

thumb of **ginger**

4-5 **garlic cloves**

1 **chilli**

1 tsp **cumin seeds**

3-4 **cloves**

2-3 whole **green cardamoms**

4-5 whole **black peppercorns**

30 mm piece of **cinnamon stick**

1 **onion**

1 tsp **coriander**

1 tsp **turmeric**

1 tsp **smoked paprika**

1 tsp **paprika**

1/2 tsp **garam masala powder**

1/4 tsp **cayenne pepper**

1/2 cup **green peas**

100g **green beans** (cut into 2.5 mm pieces)

400 g **mushrooms** (cut into 15 mm cubes)

1 **red pepper** (cut into 15 mm pieces)

400 g **potatoes** (cut into 15 mm cubes)

200 g **carrots** (1/2 inch cubes)

200 g **brussels sprouts** (halved)

180 g **curly kale**

1.5 cups **basmati rice** (rinse, then soak for a couple of hours beforehand)

1 tbsp **lime juice**

water

2-3 **bay leaves**

Blend the **cashews, coconut, mint, coriander, ginger, garlic** and **chilli** with enough water to make a thick paste.

Heat some oil then add **cumin seeds, cloves, green cardamoms, black peppercorns** and **cinnamon stick**, letting them cook for 1-2 mins.

Add **onion** and sauté until lightly browned.

Add **coriander powder, turmeric powder, smoked paprika, paprika, cayenne pepper** and **garam masala**, plus some water to make into a paste.

Add the **vegetables**, making sure to thoroughly coat everything with the paste. Add more water if necessary.

Add the drained **rice**, **lime juice**, **bay leaves** and **green masala paste**, along with enough water so everything is covered. Bring to the boil, then cover the pan with a tight-fitting lid and reduce the heat to low. Cook for 25 minutes or until the rice is tender, and all the liquid is absorbed. Switch off the heat and let it sit for 5 minutes before serving.