

## **BIRYANI** (makes 6 portions)

3/4 cup **chickpeas** (pressure cooked for 20 mins and save the **aguafaba**)

**cashew cream** (see recipe at bottom)

4 cloves of **garlic**

2 **green chilli**

thumb of **ginger**

2 tsp **turmeric**

2 tbs **puree**

2 tbs **miso**

3 tsp **garam masala**

2 **bay leaf**

1 **cinnamon stick**

4 **cloves**

5 **green cardamom** (split open)

1 **black cardamom** (split open)

3 tsp **cumin seeds**

1/4 tsp **cayenne pepper**

1 **star anise**

1/2 tsp **fennel seeds**

pinch **nutmeg**

1 onion

1 large **carrot**

1 medium **potato**

1 medium **sweet potato**

handful **green beans**

1/3 cup **raisins**

**cauliflower florets**

2 large **tomatoes**

400 g **mushrooms**

1 **red pepper**

1 cup **frozen peas**

180 g **curly kale**

1 cup/ 30 g fresh **mint leaves** (or substitute 1/4 cup of dried)

1 cup/ 30 g fresh **coriander leaves**

2 cups **basmati rice** (washed gently in changes of water then soaked for 45 mins)

1 **onion** (grated)

1 tsp sweetner (eg agave syrup)

On a low flame, without any oil, gently heat the **spices** until their fragrances emerge. Allow them to cool then grind into a masala.

Blend the **masala** with the **cashew cream, garlic, chilli, ginger, turmeric, puree** and **miso**.

Pour into a large stock pot then add all the **vegetables** and **chickpeas**, mixing together thoroughly. Cover and allow to marinade for at least 30 mins.

While this is happening cook the **rice** and save to a bowl.

Sauté the **onion** with the **sweetner**, until caramelised, then save to a bowl.

Heat some oil and sauté the **marinated vegetables** for 5 mins, then another 15 minutes with the lid on, stirring occasionally.

Remove half the **vegetables** over layer over the remaining half, half the **rice**. On top of that return the rest of the vegetables, followed by the rest of the rice.

Sprinkle on the **caramelised onion**.

Making sure there is enough liquid, cover and cook for 15 mins, then with the lid still on turn off the heat and wait 10 mins before serving.

### **cashew cream recipe**

1 cup **cashews** (soaked overnight)

1 tbsp **lemon juice**

1 tbsp **apple cider vinegar**

½ tsp **mustard**

1 tbsp **olive oil**

Blend everything together, adding **aguafaba** if necessary