

Brown Rice Briyani with Prawn Masala & Tandoori Vegetables

Serves 4



Ingredients

For Brown Rice Vegetable Briyani

2 cups brown basmati rice (cooked)
1 inch cinnamon stick,
2 cardamoms, 1 bay leave
½ cup frozen mixed vegetables
2 tbsp Healthier Choice Symbol
(HCS) yogurt
1 small onion, chopped
1 small tomato, chopped
1 tsp briyani masala
2 tsp HCS oil
1 tsp ginger garlic paste
Salt to taste
Chopped mint leaves
Chopped coriander leaves

For Prawn Masala

8-10 big prawns
2 tsp ginger garlic paste
1 large onion, chopped
1 large tomato, chopped
4-5 cashew nuts, roughly chopped
1 cup (250 ml) water
2 tsp low-fat coconut milk
1 tsp tandoori masala
1 tsp garam masala
½ tsp turmeric powder
1 tsp chili powder
1 tsp lemon juice
Salt to taste
2 tsp HCS oil
Chopped coriander leaves

For Tandoori Vegetables

1 green bell pepper, cut into 1 inch
square pieces
1 red bell pepper, cut into 1 inch
square pieces
1 yellow bell pepper, cut into 1 inch
square pieces
100 g paneer or cottage cheese,
cut into 1 inch cubes
6-8 cherry tomatoes
1 large onion, cut into 1 inch
square pieces
2 tsp yogurt
2 tsp tandoori masala
1 tsp chili powder
1 tsp turmeric powder
½ tsp salt
1 tsp kasoori methi
2 tsp lemon juice
1 tsp garam masala
1 tsp chaat masala

For Yogurt Raita

1 cup HCS yogurt
1 small cucumber, finely chopped
1 small onion, finely chopped
½ tsp salt
½ tsp black pepper powder
½ tsp mint sauce

For Mint Sauce

1 cup coriander leaves
½ cup mint leaves
1 tsp lemon juice
1 small green chilli
Salt to taste



**Preparation method
on the next page**

WINNER



Courtesy of Rina Sibani & Behera Sukant

"Loving parents who wish to cultivate healthy eating habits with their kids."



Preparation

For Brown Rice Vegetable Briyani

1. Cook the rice with cinnamon, bay leaves and cardamom in a rice cooker.
2. Marinate the frozen vegetables with yogurt, salt and briyani masala.
3. In a heated pan, add the oil, then the chopped onion and cook until onion becomes translucent.
4. Add the ginger garlic paste and cook on medium heat for 1 minute. Then add the chopped tomatoes and cook until tomatoes become soft.
5. Add the marinated vegetables and cook for 2 minutes. Then add the cooked rice, cover and cook for another minute.
6. Add the chopped mint and coriander leaves. Cover and cook for 5 minutes on low heat.
7. Remove from heat and serve warm with the yogurt raita.

For Prawn Masala

1. Clean the prawn and devein it. Marinate the prawns with lemon juice, turmeric, chilli powder, tandoori masala, 1 tsp ginger garlic paste and a sprinkle of salt. Keep aside for 10-15 minutes.
2. Heat 1 tsp of oil in a heated pan. Add the chopped onion, tomatoes, cashew nuts and remaining ginger garlic paste. Cook on medium heat until tomatoes become soft. Add 1 cup of water. Keep aside and let it cool completely and then blend it to a smooth paste.
3. Heat the rest of the oil in another heated pan. Add the marinated prawns and cook on both sides for 1 minute or until prawns are cooked. Take the prawns out from the pan.
4. Using the same pan, add the blended paste. Cook for a minute on low flame then add 2 tbsp of water and the garam masala.
5. Add the prawns back into the pan and cook for a minute.
6. Add the coconut milk and coriander leaves. Cover and cook for another minute.
7. Remove from heat and serve hot with the brown rice vegetable briyani.

For Tandoori Vegetables

1. Marinate the vegetables and paneer in the yogurt, tandoori masala, chilli powder, turmeric powder, salt, kasoor methi, lemon juice, garam masala, and chaat masala. Set aside for 15 minutes.
2. Skewer the marinated vegetables alternating the different coloured vegetables on satay sticks.
3. Heat oil in a pan and cook the vegetables for 2-3 minutes turning on all sides to ensure the skewers are cooked well.
4. Serve warm with the mint sauce.

Accompanying Condiment

For Yogurt Raita

1. Mix all the ingredients and serve chilled.

For Mint Sauce

1. Blend all the ingredients to make a smooth paste.



