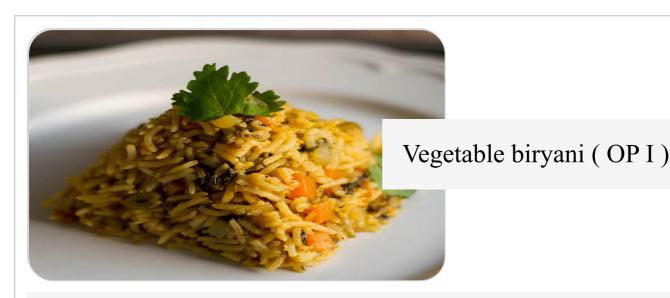


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Serving: 1 Veg

## Ingredients

- -1 tsp oil
- -1 small tej patta
- -1/2 inch cinnamon stick / dalchini
- -1 lavang
- -1 elachi
- -2 black pepper
- $-\frac{1}{2}$  tsp cumin seeds / jeera
- $-\frac{1}{2}$  medium onion finely chopped
- -1 tsp ginger garlic paste
- -3 beans chopped
- -5 florets gobi / cauliflower
- -Peas few (8-10)
- $-\frac{1}{2}$  carrot chopped
- -2 mushrooms sliced
- -1 tbsp curd / yogurt
- $-\frac{1}{2}$  tsp turmeric / haldi
- -1 tsp kashmiri chilli powder / lal mirch powder-
- -<sup>1</sup>/<sub>4</sub> tsp cumin powder / jeera powder
- -1 tsp biryani masala
- -salt to taste
- -3 tbsp coriander leaves finely chopped
- -5-7 mint / pudina leaves roughly chopped

## Preparation Method

- -Firstly, in a large cooker heat oil and saute spices.
- -further, saute onions and ginger garlic paste well.
- -additionally, add in mixed vegetables and saute till all vegetables shrinks.
- -now add in curd keeping flame on low. also add in spice powder and salt to taste. mix well. also add in coriander leaves, mint leaves.
- -spread soaked basmati rice. further sprinkle biryani masala powder and salt.
- -pour water as required and simmer for 5-10 minutes or till 2 whistle.
- -finally, serve veg biryani prepared in cooker along with raita or curds.

## **EAT FIT 247**



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• -3 tbsp basmati rice soaked 30 minutes

• -1 and 1/2 cups water