

briyani

Description: This is a delicious and flavorful briyani recipe that is sure to please everyone.

Directions: 1. Rinse the rice in a fine mesh strainer until the water runs clear.

2. Heat the oil in a large pot over medium heat. Add the onion and garlic and cook until softened, about 5 minutes.

3. Add the ginger, cumin, coriander, turmeric, cardamom, cinnamon, cloves, nutmeg, and cayenne pepper and cook for 1 minute.

4. Add the rice and stir to coat with the spices. Add the broth and bring to a boil. Reduce the heat to low, cover, and simmer for 15 minutes.

5. Add the peas, cashews, and optional ingredients, if using. Cover and simmer for 10 minutes.

6. Remove from the heat and let stand for 5 minutes. Fluff with a fork and stir in the cilantro. Season with salt and pepper to taste. Serve hot.

Ingredients: 2 cups basmati rice

2 tablespoons vegetable oil

1 onion, chopped

2 cloves garlic, minced

1 teaspoon ground ginger

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon ground turmeric

1/2 teaspoon ground cardamom

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1/4 teaspoon ground nutmeg

1/4 teaspoon cayenne pepper

2 cups vegetable broth

1/2 cup frozen peas

1/2 cup chopped cashews

1/4 cup chopped fresh cilantro

Salt and pepper to taste

Nutritional Information: Calories: 456

Fat: 16g

Carbohydrates: 64g

Protein: 10g

Sodium: 545mg

Fiber: 5g

Cook Time: 30 minutes

Serving:

Note: This recipe can be easily doubled or tripled to serve more people.