

# Biryani



Biryani

## For 4-6 servings:

300 g rice

300 g vegetables (onion, bell pepper, frozen peas)

2 cm ginger, grated (1 tsp ginger powder)

3 teaspoons coriander powder

3 cloves of garlic, crushed

1 teaspoon garam masala

3 tablespoons oil

salt, to taste

fresh cilantro to garnish (optional)

Cook the rice in water with some salt. Drain and set aside.

Chop the vegetables and mix them with the garlic, ginger and the spices.

Heat the oil in a wok (pan) and add the vegetables. Stir continuously until they begin to soften slightly. Add the rice, stir to combine and add salt to taste.

Garnish with finely cut fresh coriander.

Serve with Indian dishes.

Note: You can use different kind of vegetables: carrots,

broccoli, leeks, green beans, etc..

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## Stuffed eggplants



Stuffed eggplants

### For 4 servings:

4 medium eggplants  
200 g brown rice  
2 onions, finely chopped  
2 carrots, grated  
2 green peppers, finely diced  
3-4 dried tomatoes, chopped  
1 tablespoon oil  
fresh parsley, finely chopped  
salt and pepper, to taste

Wash the eggplants and cut them in half, lengthwise. Using a small knife, cut a border inside each eggplant about 1 cm. thick. Using a teaspoon, scoop out the core. Sprinkle the eggplants with salt, brush with a little bit of oil and bake in the oven for about 10-20 minutes, until tender.

Heat the oil in a saucepan and stir fry the onions and the

carrots for a few minutes. Add the rice and water to cover. Stir from time to time and add more water if needed.

When the rice is almost cooked add the finely chopped eggplant core, the green peppers and the sun-dried tomatoes. Simmer until the rice is cooked. Add salt and pepper to taste and the parsley.

Stuff the eggplants and bake in the oven until golden brown.

Serve with salad.