

vegetable biryani

cracking meals
under £1 per portion



Preparation: 10 mins

Cooking: 25-30 mins

Serves 4

30ml/2 tbsp vegetable oil

1 large onion, sliced

2.5cm piece root ginger

2 cloves garlic, crushed

**350g/12oz butternut squash,
deseeded and diced**

30ml/2 tbsp medium curry paste

175g/6oz basmati rice

100g/4oz red lentils

75g/3oz raisins

900ml/1½pt vegetable stock

Salt and freshly ground black pepper

6 large British Lion eggs

**45g/3 tbsp fresh coriander,
chopped (optional)**

1. Heat the oil in a large pan, add the onions and sauté for 4-5 mins or until golden. Stir in the ginger, garlic and butternut squash and sauté for 2 mins.

2. Add the curry paste, rice, lentils, raisins and stock and bring to the boil. Cover and simmer for 10-15 mins or until the squash and rice are tender.

3. Meanwhile, place the eggs in a medium pan, cover with water and bring to the boil. Simmer for 7 mins. Drain the eggs, then rinse in cold water. Tap the shells all over and peel away. Cut the eggs into quarters.

4. Remove the lid from the rice and give it a good stir - most of the liquid should have been absorbed by the rice. Adjust the seasoning, stir in the eggs and coriander (if desired). Cover again for 1-2 mins to heat the eggs through before serving.

Cook's notes

There's no need to peel the butternut squash - the skin becomes soft enough to eat during cooking. Just give it a good wash before you start.

Eggonomics
www.eggonomics.co.uk

