



Prawn Pea & Asparagus Biryani



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 20 MINUTES



SERVES: 4

Ingredients

2 tbsp vegetable oil
10 cardamom pods
8 cloves
1 cinnamon stick
2 bay leaves
1 small onion, finely chopped
2 cloves garlic, finely chopped
3cm piece ginger, peeled and finely chopped
2 tsp garam marsala
2 tsp cumin
2 tsp turmeric
1 1/3 cups basmati rice
2 1/2 cups chicken stock
350g green medium king prawns, peeled with tails intact
1 cup frozen baby peas, thawed
1 bunch asparagus, chopped
1/2 cup chopped coriander

Method

Heat a frying pan over a medium to high heat. Add the oil to the pan then add the cardamom, cloves, cinnamon and bay leaves and cook until fragrant. Reduce the heat to medium then add the onion, garlic and ginger and cook until tender. Stir in the spices and cook for a further minute. Place into the unperforated stainless steel tray with the rice and the stock and stir well.

Cook on FullSteam at 100°C for 18 minutes.

Add the prawns to the rice and place peas and asparagus in the perforated stainless steel tray. Continue cooking for a further 3 minutes or until cooked.

Combine the rice and vegetables together with the coriander in a serving bowl. Serve with natural yogurt.

Notes
