

VEGETABLE BIRYANI



Economical, tasty and easy to prepare. 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.



Recipe & image supplied by the British Egg Information Service:
www.eggrecipes.co.uk

Skills Check (as appropriate for each Key Stage)

Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use weighing scales; use a measuring jug to measure liquids; cut using bridge/claw technique safely; snip herbs with scissors; use a box grater safely; crush garlic; use the hob (with adult supervision).

Allergens*

Eggs | Celery | Mustard | Sulphites

May contain gluten (stock)

Equipment: Knife, chopping board, grater, garlic crusher, measuring spoons, measuring jug, weighing scales, scissors, jug, large lidded saucepan, wooden spoon, medium saucepan.

Ingredients (serves 4):

- 2 tbsp vegetable oil
- 1 large onion, diced
- 2.5cm piece root ginger, grated
- 2 cloves garlic, crushed
- 350g butternut squash, deseeded and diced
- 2 tbsp medium curry paste
- 175g basmati rice
- 100g red lentils, washed and drained
- 75g raisins
- 900ml vegetable stock
- 6 large British Lion eggs
- 3 tbsp fresh coriander, snipped

Method

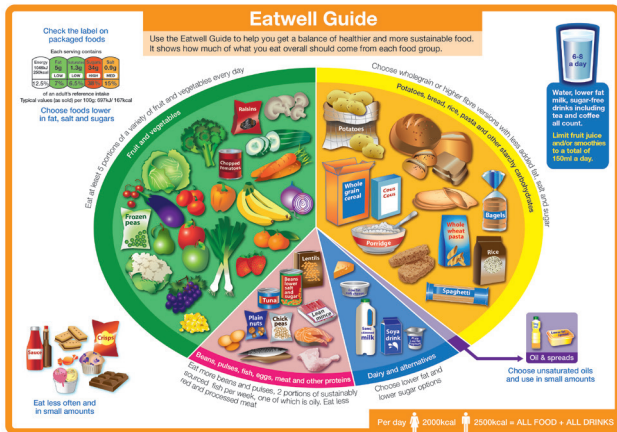
1. Heat the oil in a large pan, add the onions and saute for 4-5 minutes or until golden. Stir in the garlic, ginger and butternut squash and saute for a further 2 minutes.
2. Add the curry paste, rice, lentils, raisins and stock and bring to the boil. Cover and simmer for 10-15 minutes or until the 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 minutes. 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 coriander and eggs. Cover again for 1-2 minutes to heat through the eggs before serving.

* (Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use)



VEGETABLE BIRYANI

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

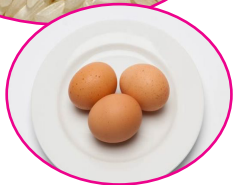
- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Vegetable Biryani ...

Rice provides starchy carbohydrate, which gives us energy, and is a good source of fibre, and B vitamins.

Lentils are packed with protein and fibre. They are also low in fat and contain a number of substances which are thought to be hugely beneficial to our health.

Eggs are an excellent source of protein, vitamins and minerals. Protein is essential for building and repairing our bodies.



Energy, sugar, fat and salt per serving

Per 450g serving

ENERGY
2208kJ / 525kcal **26%**

MED **FAT**
16.7g **24%**

LOW **SATURATES**
3.1g **16%**

LOW **SUGARS**
19.1g **21%**

LOW **SALT**
1.1g **19%**

% of an adult's reference intake

Typical values per 100g : Energy 491kJ / 117kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.