



Green Biryani with crispy onions.

200 g long-grain **rice**.

3 tbsp vegetable oil

2 onions, finely sliced

2 garlic cloves crushed

2 tbsp medium curry powder

150 g Broccoli cut into small florets

150 g **Courgette** diced to match floret size.

150 g frozen peas

400 g tin **Chick peas**

15 g Fresh coriander roughly chopped.

1. Wash rice really well in a sieve until water runs clear. Leave in a bowl to soak in more cold water while you fry the onions.
2. Heat the oil in a large, lidded pan over a medium-high heat. Fry the onions with a pinch of salt for 20 mins, stirring frequently, until golden and crispy, but make sure they don't catch. Transfer to a plate, leaving oil in pan. Stir the garlic and curry powder into oil and fry for 1 min until fragrant.
3. Drain the rice, then tip into the pan, tossing the grains in the oil to toast. Add the broccoli, courgette, peas and chick peas and pour over 600ml boiling water. Stir well to pick up any spices stuck to bottom of pan. Bring to the boil, then reduce heat and simmer until veg and rice is cooked (about 15 mins) Stir in chopped coriander and serve with crispy onions on top.
4. I served this with **honey** and sumac roasted chicken.