

Garlic Ginger Vegetable Biryani

This vibrant Indian dish is a delightful combination of aromatic basmati rice infused with garlic and ginger, complemented by a medley of colorful vegetables. Perfectly spiced and fragrant, it's a vegetarian delight that brings comfort and flavor to your meal.



Main Dish

Indian

40 min

Total time

medium

Difficulty

300

kcal / serving

Ingredients

- 1/2 cup basmati rice
- 1 clove garlic, minced
- 1-inch piece ginger, grated
- 1/4 cup mixed vegetables (carrots, peas, bell peppers)
- 1 tablespoon vegetable oil
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon garam masala
- Salt to taste
- 2 cups water
- Fresh cilantro for garnish

Steps

- 1 Rinse the basmati rice under cold water until the water runs clear. Soak it for 20 minutes, then drain.
- 2 In a pan, heat the vegetable oil over medium heat. Add cumin seeds and let them sizzle.
- 3 Add minced garlic and grated ginger, sautéing until fragrant (about 1 minute).
- 4 Stir in the mixed vegetables and cook for 3-4 minutes until slightly tender.
- 5 Add turmeric powder, garam masala, and salt; mix well.
- 6 Add the soaked rice and gently stir to combine.
- 7 Pour in 2 cups of water and bring to a boil. Once boiling, reduce the heat to low, cover, and simmer for 15 minutes or until the rice is cooked and water is absorbed.
- 8 Remove from heat and let it sit covered for 5 minutes. Fluff with a fork and garnish with fresh cilantro before serving.