

Less than 1 hour

Serves 4

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Ingredients:

- 1 cauliflower, broken into florets
- 1 butternut, diced (skin on)
- 2 onions, thinly sliced
- Glug oil
- 1 tsp (5ml) each cumin, mustard, coriander and nigella seeds (optional)
- 1 cup (250ml) plain yoghurt
- 1 packet (70g) curry paste of choice
- Juice of ½ lemon
- Salt and milled pepper
- 2 cups (500ml) basmati rice, par-cooked
- ½ packet (500g) brown lentils, cooked

For serving:

- 1 packet (250g) mini Italian tomatoes, finely chopped (salad tomatoes work well too)
- ½ onion, finely diced
- Handful fresh coriander, chopped
- 1 Tbsp (15ml) white vinegar
- 4 boiled eggs, halved

Method:

1. Preheat oven to 180°C.
2. Place cauliflower, butternut and onion onto a lined baking tray.
3. Drizzle with oil, scatter with spices and roast for 25 minutes, tossing occasionally until cooked through.
4. Whisk yoghurt, curry paste and lemon juice until smooth. Season.
5. Line a deep 20cm ovenproof dish/ cake tin with baking paper.
6. Layer rice, lentils and vegetables in the cake tin in alternating layers.

7. Cover with foil and bake for 40 minutes.
8. Toss together tomatoes, onion and coriander to make a sambal and stir through vinegar.
9. Unmould biryani and top with sambal, boiled eggs and extra plain yoghurt.