

Recipe Name: Pudina Mushroom And Soya Biryani Recipe

Diet Type: Vegetarian

Course: Main Course

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Basmati rice - parboiled with spices infused water (Spices include Cinnamon)	4
• 1 cup Button mushrooms - cut into quarters	
• 1 cup Soy Chunks (Nuggets) - soaked in hot water	
• 1 cup Onion - sliced	
• 1 inch Ginger	
• 1/2 cup Curd (Dahi / Yogurt)	
• 2 tablespoons Biryani Masala	
• 3 cloves Garlic	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Garam masala powder	
• 2 teaspoon Red Chilli powder	
• 1/4 cup Mint Leaves (Pudina) - finely chopped	
• Salt - to taste	
• 2 tablespoons Ghee	
• 1 Green Chillies - chopped	
• 1 teaspoon Ajwain (Carom seeds)	
• 1 Bay leaf (tej patta)	
• 1 Star anise	
• 1 Cardamom (Elaichi) Pods/Seeds	
• 2 Cloves (Laung)	
• 1 inch Cinnamon Stick (Dalchini)	

Preparation

- To begin making the Pudina Mushroom And Soya Biryani recipe, wash and soak the rice in water for 20 minutes.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	25	70	20	4	5

