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Recipe Name: Hyderabad Soy Biryani Recipe With Vegetables & Palak

Diet Type: Vegetarian

Course: Main Course

Cuisine: Hyderabadi

Quantity:



Description

Hyderabad Soy Biryani with Vegetables and Palak is an aromatic, royal one-pot dish combining long-grain basmati rice, protein-rich soy nuggets, and a vibrant medley of garden vegetables layered with a nutrient-rich spinach-herb paste. Infused with warming Hyderabadi spices, saffron-steeped milk, and golden fried onions, it delivers a complex and fragrant flavor profile. It is traditionally served piping hot alongside cooling cucumber raita and sliced onion rings.
[PROS]
- High in plant-based complete protein from soy chunks
- Packed with micronutrients like iron, folate, and vitamin A from palak (spinach) and mixed vegetables
- Generous dietary fiber aids digestive motility and enhances satiety
[CONS]
- High overall carbohydrate load from the combination of basmati rice and potatoes
- Calorically dense if prepared with excessive amounts of ghee and cooking oil
[DIETITIAN REVIEW]
This recipe is an outstanding plant-forward reinterpretation of traditional Hyderabadi biryani, using soy chunks and spinach to dramatically boost protein, fiber, and iron content. While remarkably nutrient-dense, individuals managing diabetes or weight should watch portion sizes due to the starchy nature of rice paired with potatoes. Score: 8.5/10

Ingredients

Ingredient	Quantity
• Basmati rice (soaked for 30 minutes)	2 cups
• Water	8 cups
• Soy Chunks (Nuggets • soaked in hot water)	1/4 cup
• Carrots (chopped)	1/4 cup
• Green beans (chopped)	1/4 cup
• Green peas	1/4 cup
• Cauliflower (chopped)	1/4 cup

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- Green Bell Pepper (chopped) 1/4 cup

- Potatoes (cubed) 3

- Tomatoes (chopped) 2

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- Onions (chopped) 4

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- Onions (sliced for frying) 2 cups

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• Ginger Garlic Paste	2 tablespoons

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• Spinach Leaves (Palak)	1-1/2 cups

- Coriander Leaves (for paste) 1/2 cup

- Mint Leaves (for paste) 1/2 cup

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- Green Chillies 3

- Badam (Almonds) 5

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• Cinnamon Stick (split usage)	3 inches total

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- Cardamom Pods (split usage) 4 pods

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- Cloves (split usage) 4

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- Black Cardamom 1

- Bay leaf 1

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• Cumin seeds	1/4 teaspoon

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- Ajwain (Carom seeds) 1/2 teaspoon

- Mace (Javitri) 1/4 piece

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• Turmeric powder	1/2 teaspoon

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• Red Chilli powder	1 teaspoon

• Coriander Powder	1-1/2 teaspoon

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• Garam masala powder	2 teaspoons

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• Saffron strands	7 strands

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- Warm Milk 1/2 cup

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• Fresh Coriander Leaves (chopped • for garnish)	1/4 cup

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• Fresh Mint Leaves (torn • for garnish)	1/4 cup

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- Sunflower Oil — as needed

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• Ghee	4 tablespoons

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• Salt	to taste

Preparation

• 1.

• In a blender, puree the spinach leaves, 1/2 cup coriander, 1/2 cup mint, green chillies, and almonds with a splash of water into a smooth green paste; set aside.

• 2.

• Steep saffron strands in 1/2 cup warm milk.

• Squeeze excess water thoroughly from the soaked soy chunks.

• 3.

• In a large pot, bring 8 cups of water to a rolling boil with 1 inch cinnamon, 1 cardamom pod, 1 clove, and salt.

• Add soaked basmati rice and cook until 70% done (about 5-7 minutes).

• Drain and set aside.

• 4.

• Heat oil in a pan and deep-fry or shallow-fry the 2 cups of sliced onions until golden brown and crisp (birista); drain on paper towels.

• 5.

• In a heavy-bottomed pot, heat 2 tablespoons of oil and 1 tablespoon of ghee.

• Add cumin seeds, 2-inch cinnamon stick, 3 green cardamoms, black cardamom, 3 cloves, bay leaf, ajwain, and mace.

• 6.

• Add chopped onions and sauté until translucent.

• Stir in ginger-garlic paste and sauté until the raw aroma disappears.

• 7.

• Add chopped tomatoes, turmeric, red chilli powder, coriander powder, garam masala, and salt.

• Cook until tomatoes soften and oil separates.

• 8.

• Stir in the blended spinach paste, potatoes, carrots, green beans, cauliflower, green peas, green bell pepper, and soy chunks.

• Cook covered for 8-10 minutes until the vegetables are half-cooked.

• 9.

• Assemble the biryani: Level the vegetable and soy gravy at the base of the pot.

• Layer the partially cooked basmati rice evenly over the top.

• 10.

• Drizzle the saffron-infused milk and remaining ghee over the rice.

• Scatter the fried onions (birista), chopped coriander, and torn mint leaves on top.

• 11.

• Seal the pot with a tight-fitting lid or foil.

• Cook on low heat (dum) for 15-20 minutes until the rice is fully cooked and aromatic.

• 12.

• Gently fluff the biryani layers with a fork from the sides and serve hot with raita and salad.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	25	70	20	8	5