

Recipe Name: Hyderabad Soy Biryani Recipe With Vegetables & Palak

Diet Type: Vegetarian

Course: Main Course

Cuisine: Hyderabad

Quantity:



Ingredients

Ingredient	Quantity
------------	----------

- | | |
|---|---|
| • 2 cups Basmati rice - soaked for 30 minutes | 4 |
| • 8 cups Water | |
| • Salt - to taste | |
| • 1/4 cup Soy Chunks (Nuggets) - soaked in hot water for 15 minutes | |
| • 1/4 cup Carrots (Gajjar) - chopped | |
| • 1/4 cup Green beans (French Beans) - chopped | |
| • 1/4 cup Green peas (Matar) | |
| • 1/4 cup Cauliflower (gobi) - chopped | |
| • 1/4 cup Green Bell Pepper (Capsicum) - chopped | |
| • 3 Potatoes (Aloo) - cubed | |
| • 2 Tomatoes - chopped | |
| • 4 Onions - chopped | |
| • 2 tablespoons Ginger Garlic Paste | |
| • Sunflower Oil - to cook | |
| • 1 inch Cinnamon Stick (Dalchini) | |
| • 1 Cardamom (Elaichi) Pods/Seeds | |
| • 1 Cloves (Laung) | |
| • 1/4 teaspoon Cumin seeds (Jeera) | |
| • 1-1/2 cups Spinach Leaves (Palak) - or 1 bunch | |
| • 1/2 cup Coriander (Dhania) Leaves | |
| • 1/2 cup Mint Leaves (Pudina) | |
| • 3 Green Chillies | |
| • 5 Badam (Almond) | |
| • 2 inch Cinnamon Stick (Dalchini) | |
| • 3 Cardamom (Elaichi) Pods/Seeds | |
| • 1 Black cardamom (Badi Elaichi) | |
| • 3 Cloves (Laung) | |
| • 1 Bay leaf (tej patta) | |



- 1/2 teaspoon Ajwain (Carom seeds)
- 1/4 Mace (Javitri)
- 1/2 teaspoon Turmeric powder (Haldi)
- 1 teaspoon Red Chilli powder
- 1-1/2 teaspoon Coriander Powder (Dhania)
- 2 teaspoon Garam masala powder
- Salt - to taste
- 2 cups Onions - sliced
- 1/4 cup Coriander (Dhania) Leaves - chopped
- 1/4 cup Mint Leaves (Pudina) - roughly torn
- 1/2 cup Milk
- 7 Saffron strands
- Ghee - as needed





Preparation

- To begin making Hyderabad Soy Biryani Recipe With Vegetables & Palak, wash rice well and soak for half an hour.

Macronutrients

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

