

Recipe Name: Andhra Style Vegetarian Biryani with Soya Chunks Recipe

Diet Type:

Course: Lunch

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 2 cup Basmati rice	4
• 1 cup Soy Chunks (Nuggets)	
• 4 Onions - sliced	
• 2 Tomatoes - chopped	
• 4 Green Chilli - slit	
• 1 teaspoon Ginger Garlic Paste	
• 1 teaspoon Turmeric powder (Haldi)	
• Sunflower Oil - or ghee for cooking	
• 1 Bay leaf (tej patta)	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 2 Cloves (Laung)	
• 1/2 inch Cinnamon Stick (Dalchini)	
• 1 Star anise	
• 1 Mace (Javitri)	
• 3 Cardamom (Elaichi) Pods/Seeds	
• 1 teaspoon Whole Black Peppercorns	
• 4 Cloves (Laung)	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 teaspoon Fennel seeds (Saunf)	

Preparation

- To begin making the Andhra Style Vegetarian Biryani, soak the soy chunks in 1/4 cup water and keep it aside.
- Soak the basmati rice also in water and keep it aside.
- Ground all the spice mix mentioned in the biryani spice mix to a coarse powder.
- Heat a pressure cooker with oil.



- Fry the spice for 10 seconds until the aroma is released.
- Add the chopped onions, ginger garlic paste and green chili.
- Add the chopped tomatoes and little bit of salt so that the tomatoes will get cooked faster and become mushy.
- Add the powdered spice mix, turmeric powder and give it a mix.
- Add the soaked soya chunks as well.
- Mix well till the masala is mixed.
- Add 4 cups of water, check for salt and pressure cook for 2 whistle and switch off the heat.
- Allow the pressure to release by itself and open the lid and mix the rice well with the masala and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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