



Tawa Pulao/Biryani

(Serves 4)

- 2 cups cooked white Basmati rice
(1 and ¾ cup water for each cup of rice)
- 1 green bell pepper diced medium or cut in strips
- ¼ cup frozen green peas
- ¼ cup cauliflower florets
- 1 large white onion diced medium or cut in strips
- 2 large tomatoes cored and chopped
- 2 Teaspoons ginger,-garlic, and-green chili paste
- 3 Tablespoons butter or ghee
- 2 tablespoons golden raisins or dried cranberries (optional)
- 2 Tablespoons chopped fresh cilantro plus one teaspoon for salad
- 1 1/2 Tablespoon Seven Happy Seeds Pav-Bhaji & Biryani Spice

Shopping List

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- Basmati Rice
- Frozen Green Peas
- Cauliflower
- Green bell pepper
- Onions
- Tomatoes
- Ginger root
- Garlic Pods
- Serrano chilies
- Cilantro Sprigs
- Butter

Procedure:

1. Melt butter in a large cooking pot. Add ginger,-garlic, and-green chili paste and cook for 1 minute.
2. Add onion, bell pepper, cauliflower, and peas, and sauté on medium high heat until soft.
3. Add chopped tomatoes and salt and cook until soft.
4. Add Pav-Bhaji spice and cook for two minutes until spices are aromatic.
5. Gently fold in cooked rice and cook through for 3-4 minutes.
6. Turn off heat, and let stand covered for 5 minutes.
7. Garnish with chopped Cilantro and serve with sliced red onion drizzled with lemon juice, and sprinkled with salt and chopped cilantro.