

# LighterLife Management

## Week 4 Recipes:

### Baked vegetable biryani

By baking your biryani, rather than cooking it on top of the stove, you get a more even heat distribution, which lessens the chances of any rice sticking and burning at the bottom.

**Serves: 1**

Nutrition per serving:

392 kcal, 13g protein, 77g carbs, 6g fat, 5g fibre

#### Ingredients:

- ½ small onion, finely chopped
- ½ small aubergine, cubed
- 1 small carrot, sliced
- 80g cauliflower, broken into small florets
- ½ small fresh green chilli, finely diced
- 1 clove garlic, crushed
- 100ml vegetable stock
- 70g dry basmati rice
- 1 tsp garam masala
- ½ tsp ground ginger
- freshly ground black pepper
- 1 tbsp flaked almonds

#### Method:

1. Preheat the oven to 200°C, gas mark 6.
2. Put the onion, aubergine, carrot, cauliflower, chilli and garlic in a non-stick saucepan with the stock. Cook over a low heat for about 10 mins, until the vegetables are tender, then pour into a casserole dish.
3. Meanwhile, cook the rice in boiling water for 6-8 mins until still firm, then drain and stir into the vegetables, along with the garam masala and ginger. Cover and bake for 20 mins to semi-steam the rice until all the liquid has been absorbed.
4. Serve seasoned with black pepper and scattered with the flaked almonds.

#### Tips:

- For the best results, soak the rice for at least 30 mins then drain and rinse well before cooking.