

A wholesome and vibrant plant-based dish, packed full of protein.

EDUCATION SECTOR: Secondary
SERVINGS: 10
ALLERGENS: N/A



Butternut & Black Bean Biryani

Ingredients

FOR THE BEANS:

300g Black eye beans, soaked overnight

2ltr Water

[10g KNORR Professional Vegetable Powder Bouillon](#)

TO FINISH:

500g Onion, diced

20g Margarine

500g Butternut squash

400ml Coconut milk

[150g KNORR Professional Curry Sauce](#)

400ml Water

650g Basmati rice, 50/50

FOR THE GARNISH:

150g Red onion

150g Tomatoes, diced

10g Coriander, chopped

100g Plant based coconut yoghurt

Method

FOR THE BEANS:

- Place the soaked beans into a large saucepan and cover with the water.
- Bring to the boil then reduce the heat and simmer for 1.5 hours. Add the KNORR Professional Vegetable Bouillon.

TO FINISH:

- Cook the onions with the margarine for 30 minutes until golden and soft then add to the beans.
- Roast the butternut squash for 1 hour at 160°C until soft then remove. Allow to cool slightly before peeling, roughly dicing and adding to the beans.
- Pour the water into the beans and add the rice, coconut milk and KNORR Professional Curry Sauce.
- Pour into an oven tray, cover with foil and bake for 45 minutes until the rice is cooked.

TO FINISH / SERVE:

- Dice the onion and tomatoes, place into a bowl and add the coriander.
- Place a portion into a take-away container and top with the salsa and yoghurt.



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