



Veggie meatball biryani Free Recipe 10042025

Description

Recipe

Veggie meatball biryani

A quick way to get your biryani fix using shop-bought veggie meatballs as the main pop of protein. Learn how to cook biryani rice, a flavoursome yoghurt and spice sauce for the veggie meatballs, and then layer it all up for a vegan biryani that may not be traditional, but satisfies every craving for spicy rice.

Recipe tips

If you can't get hold of Indian bay leaves, a regular bay leaf can be used instead.

For added fragrance, add half a teaspoon of rosewater to the saffron milk mixture.

This is a great batch-cooking meal and freezes well. Allow to cool completely and then pack into freezer-safe containers. Freeze for up to 3 months. Defrost at room temperature and then either microwave (covered) or return to a pan (covered) to heat through until piping hot.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 2 tsp ground coriander 2 tbsp coriander leaves, roughly chopped 2 tsp finely chopped garlic 2 tsp finely chopped ginger 1 tbsp mint leaves, roughly chopped 2 large brown onions, finely sliced 3 tbsp pomegranate seeds, to garnish Tins, packets and jars 350g/12oz long-grain basmati rice, rinsed well and soaked in cold water for 2 hours 100ml/3½fl oz melted ghee or neutral oil
Cooking ingredients 1 dried Indian bay leaf 4 green cardamom pods, slightly cracked with a pestle or

bottom of a cup 1 tsp chilli powder 5cm/2in cinnamon stick 3 cloves 1 tsp ground cumin small pinch of saffron 2 tsp salt 1/2 tsp ground turmeric Dairy, eggs and chilled 4 tbsp whole milk 120g/4½oz thick, plain natural yoghurt Other 300g/10½oz frozen veggie meatballs

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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Tags

1. coriander
2. cinnamon
3. leaves
4. veggie meatballs
5. Indian
6. onions
7. mint
8. milk
9. meatballs
10. dried Indian bay leaf
11. chilli
12. coriander leaves
13. brown
14. frozen
15. melted ghee
16. rice
17. cinnamon stick
18. basmati
19. veggie
20. neutral oil
21. garlic
22. chilli powder
23. brown onions
24. plain natural yoghurt
25. ghee
26. cumin
27. green cardamom pods
28. mint leaves
29. natural yoghurt
30. neutral
31. saffron
32. cardamom pods

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33. stick
34. thick
35. long grain basmati rice
36. yoghurt
37. cardamom
38. chopped
39. natural
40. grain basmati rice
41. salt
42. ground turmeric
43. finely chopped garlic
44. thick plain natural yoghurt
45. long
46. ground cumin
47. plain
48. chopped garlic
49. whole
50. grain
51. Egg-free
52. cloves
53. melted
54. green
55. whole milk
56. pomegranate seeds
57. Nut-free
58. ground coriander
59. powder
60. pinch
61. small pinch of saffron
62. pomegranate
63. Pregnancy-friendly
64. ground
65. basmati rice
66. pods
67. pinch of saffron
68. large brown onions
69. Gluten-free
70. turmeric
71. oil
72. bay
73. Indian bay leaf
74. finely chopped ginger
75. Vegetarian
76. ginger
77. small
78. large
79. bay leaf

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- 80. chopped ginger
- 81. Veggie meatball biryani
- 82. seeds
- 83. dried
- 84. frozen veggie meatballs
- 85. leaf
- 86. finely

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