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# VERY VEGGIE BREYANI

RECOMMENDED SELLING PRICE

**R106.79\***

Per Kg Rsp

**R29.90\***

Price Per Portion

\*Guideline only. Will differ between regions.

100%  
**VEGAN**  
Recipe

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# VERY VEGGIE BREYANI



**Yield:** 1.68 kg



**Prep Time:** 20 min



**Serves:** 6



**Cook Time:** 35 min

## INGREDIENTS



350 g  
Basmati rice  
(uncooked)



50 g  
Olive oil



200 g  
Onions  
(sliced half moon)



10 g  
Garlic and  
ginger mix



250 g  
Red or yellow pepper  
(sliced thinly)



200 g  
Baby marrow  
(sliced diagonally)



20 g  
**Robertsons  
Rajah Medium**



10 g  
**Robertsons  
Veggie Seasoning**



400 g  
Chickpeas  
with brine



50 g  
Raisins



100 g  
Raw cashew nuts  
(roasted)



15 g  
**Knorr  
Aromat Original**



10 g  
Parsley  
(roughly chopped)



20 g  
Coriander  
(roughly chopped)

## METHOD

1. Boil the rice, refresh under cold water, drain and set aside. Heat the oil in a pan, add the onions, garlic and ginger, red or yellow peppers, and fry for 5 min.
2. Add the baby marrow, **Robertsons Rajah Medium**, **Robertsons Veggie Seasoning** and stir through for 2 min on a medium heat, always stirring to prevent the spices from burning. Add the chickpeas with brine and mix, add the **Knorr Aromat Original** and allow to simmer for 2 min.
3. Add the rice, half the raisins, cashew nuts, parsley, coriander (reserve some for garnish) and toss through the mixture until combined. Remove from the heat, pour into a serving dish garnished with the remainder of the raisins, cashews, coriander, parsley and serve.

## CHEF'S TIP

Use chopped apricots instead of the raisins or add whole corn kernels for extra texture and color.

# NUTRITIONAL STATEMENTS

## VERY VEGGIE BREYANI

Chickpeas (Koo Chickpeas in Brine [Chickpeas, water, salt (non-iodated)]), [Water, salt], basmati rice, mixed coloured peppers, baby marrow, onions, cashew nuts, olive oil, raisins, fresh coriander, Robertsons Rajah Medium [Spices (54%) (coriander, turmeric, methi, cumin), wheat bran, chillies (8%)], Knorr Aromat Original [Salt, maize flour (contains genetically modified material), flavour enhancers (monosodium glutamate, E631, E627), yeast extract, flavouring (contains sulphur dioxide), hydrogenated vegetable fat (palm fruit) (contains antioxidant TBHQ), radurised spices and vegetable extract, anticaking agent (E551), garlic powder], flat leaf parsley, garlic and ginger mix and Robertsons Veggie Seasoning [Salt, sugar, onion, garlic, redbell peppers, parsley, oregano, hydrogenated vegetable fat (palm fruit, TBHQ), food acid, paprika, chilli, tomato, black pepper, vegetable fat (palm fruit), flavour enhancers].

Allergens: Made in a factory that contains cow's milk, egg, soya and wheat gluten.