

**Nutritionally balanced,
lovingly created Kindred Recipe**

Chickpea and Vegetable Biryani

Feeds a family of 5

Ingredients:

1 x medium onion	150g of brown rice
1 x medium carrot	300ml water
1 x medium cauliflower	
1 x table spoon vegetable oil	
1 x table spoon curry powder	
125g frozen peas	
1 x 400g can of chickpeas	

Method:

1. Chop the onion and carrot and break the cauliflower into florets
2. Heat the oil in a pan and add the curry powder and onion and cook for a few minutes until the onion softens
3. Add the carrot, peas, cauliflower, chickpeas and rice and stir for 1 minute
4. Pour over the water and simmer gently with the lid on the pan for 20 minutes until the rice is tender and the vegetables are cooked

All of our meals are homecooked and endorsed by qualified Nutritionists in partnership with Action for Children campaign 'Eat better, Start better' to meet the voluntary food and drink guidelines set by the Government.

AUTUMN/WINTER
MENU
2020/21

