

# Indian Tomato and Ginger Biryani with Eggs



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Vegetarian

Spice up your everyday meals with this delicious Indian tomato and ginger biryani with eggs recipe that everyone will love!



## Ingredients

- 2 tbsp canola oil
- 1 brown onion, halved lengthways and thinly sliced
- 3 garlic cloves, thinly sliced
- 1 tbsp finely grated ginger
- 1 long red chilli, thinly sliced, plus extra to serve
- Salt and pepper, to season
- 1 tbsp ground cumin

- 1 tbsp ground coriander
- 1 cup long-grain rice
- 3 large tomatoes, chopped
- 2 cups (500ml) water
- ½ cup coriander leaves
- 4 eggs, soft boiled (see tip) and peeled
- 250g green beans, trimmed
- Plain yoghurt, optional, to serve
- Lime wedges, to serve

Method

1. Heat oil in a large heavy-based frying pan over medium heat. Add onion, garlic, ginger, chilli, salt and pepper. Cook, stirring, for 4-5 minutes or until softened. Add spices, rice and tomato and stir to coat. Add water and stir. Cover with a lid, and reduce heat to medium-low, allowing it to cook for 30 minutes. Add the eggs, cover and cook for a further 5 minutes or until rice is cooked and eggs are warm.
2. Meanwhile, cook the beans in boiling salted water for 4-6 minutes or until just cooked. Drain and shred. Set aside.
3. Fluff up rice with a fork and serve topped with beans. Cut eggs in half and place on top. Serve with coriander, chilli, yoghurt and lime.

Notes

For the best soft-boiled eggs, bring a small saucepan of water to the boil. Add eggs and simmer for 6 minutes. Drain and stand in cold water. Crack shells and gently peel.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
481g	1780kJ 425kcal	14.3g	15.4g	2g	52.7g	8g	145mg	8.2g

All nutrition values are per serve.