



# Green bean poriyal

with chickpea biryani and roasted cashews



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, medium pot, large frying pan



Pantry items needed: salt, frozen green peas (optional)



Hands-on: 25-30 minutes  
Ready in: 30 minutes



Serves: 2 or 4

Poriyal is a type of stir fry originating from Indian and Sri Lankan cuisine. This version is simple yet incredibly delicious. Fresh green beans, shredded coconut and optional green peas from your freezer make up the bean mixture. Paired with a simple and lightly spiced biryani, featuring chickpeas and served with mango chutney and fresh coriander. Heaven!

NO ADDED GLUTEN | CALORIE SMART | Adventurous, Great for leftovers

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Water*	1½ cup	3 cups
Salt for biryani*	¾ tsp	1½ tsp
Turmeric	1 packet	1 packet
Vegetable stock cube	1	1
Onion	100g	200g
Basmati rice	1 packet	1 packet
Frozen green peas*	½ cup	¾ cup
Green beans	240g	480g
Coriander	14g	28g
Canned chickpeas	1 can	2 cans
Vegetable oil for biryani*	1½ tbsp	3 tbsp
Asefoetida powder	1 packet	1 packet
Roasted cashews	1 packet	1 packet
Vegetable oil for poriyal*	1 tbsp	2 tbsp
Poriyal spice mix	1 packet	1 packet
Shredded coconut	1 packet	1 packet
Salt for poriyal*	½ tsp	1 tsp
Mango chutney	1 tub	1 tub

\* Pantry items

## Allergens and ingredients

Allergens: cashew, sulphites.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Prepare ingredients

To make stock, in a small pot over medium heat, add **water\***, **salt for biryani\***, **turmeric** and crumbled **stock cube** (½ for 2 serves and 1 for 4 serves) and bring to a boil. Dice **onion**. Using a sieve, rinse **basmati rice** until the water runs clear, about **30 seconds**. Defrost the **frozen green peas\*** (see tip). Trim **green beans** and slice into 2cm pieces. Pick **coriander** leaves and roughly chop. Rinse and drain **chickpeas**.

## 2. Cook biryani

In a large frypan over medium heat, add **vegetable oil for biryani\***, **asefoetida powder** and **onion** and sauté until golden brown, about **6 minutes**. Add **basmati rice** and **chickpeas** and stir until **rice** is toasted, about **2 minutes**. Slowly pour the **stock** into **rice** and stir to combine. Reduce the heat to low and simmer, covered, until the **water** has absorbed and the **rice** is tender, about **14 minutes**. Stir through the **frozen green peas\*** and **cashews**. Remove from the heat and keep covered until ready to serve.

## 3. Cook poriyal

In a large frying pan over medium heat, add the **vegetable oil for poriyal\***, **poriyal spice mix** and **shredded coconut** and cook until **black mustard seeds** pop, about **2-3 minutes**. Add **green beans** and **salt for poriyal\*** and cook, covered, for **2 minutes**. Remove and discard **chilli**.

## 4. Serve

Serve the **poriyal** and **biryani** onto serving plates with a sprinkle of **coriander** and dollop of **mango chutney**.

## Cooking tip

To defrost peas, place in microwave on defrost setting or soak in boiling water for 2-3 minutes.

Eat your way  
to healthy!



**Chickpeas** are high in protein and make an excellent replacement for animal protein in vegetarian and vegan diets. They are also rich in vitamin B9, fibre, iron, phosphorus and polyunsaturated and monounsaturated fatty acids, including linoleic and oleic acids.

Chickpeas have been linked to a variety of health benefits, including better gut flora and digestion, lower levels of 'bad' cholesterol, lower risk of heart disease and colorectal cancer, better blood-sugar control, weight management, bone strength and brain health.

## Nutritional information\*

	Per 475g serve	Per 100g
Energy	2385kJ (571Cal)	502kJ (120Cal)
Protein	16.5g	3.5g
Fat, total	26.3g	5.5g
- Saturated	6.7g	1.4g
Carbohydrate	60.0g	13.0g
- Sugars	20.0g	4.0g
Sodium	1317mg	277mg

\* Nutritional information is based on averages