

Season: diwali or spring

From the garden: onion, garlic, carrots, broad beans, cauliflower or broccoli

Type: main

Difficulty: easy

Serves: 4 adults or 30 tastes

Recipe source: Sarah James, Owairaka District School, adapted from 'Phadu's Kitchen'

Equipment

- 1 Chopping board
- 2 Knives – chef knives
- 3 Mixing bowl
- 4 Medium to large pot with lid
- 5 Sieve
- 6 Wooden spoon or spatula
- 7 Serving bowls
- 8 Serving spoons

Ingredients

- 1 1 cup Basmati rice
- 2 1 cup split red lentils (masoor dal)
- 3 2 tablespoons ghee, butter, or vegetable oil
- 4 1 onion
- 5 1-2 carrots
- 6 ¼ head of cauliflower or broccoli
- 7 2 cm piece of fresh ginger
- 8 2 cloves garlic
- 9 1/2 teaspoon ground cumin
- 10 1/2 teaspoon ground turmeric
- 11 1 teaspoon garam masala
- 12 1 tablespoon tomato purée
- 13 1 teaspoon salt
- 14 1/2 cup peeled broad beans²
- 15 1/2 cups warm water
- 16 1 small bunch coriander

How to make it:

1. Put the lentils and rice in a sieve and wash well under running water until the water runs clear. At the same time, check for and remove any small stones or other foreign bodies.
2. Slice the carrots, onion, and cauliflower or broccoli florets into small bite-sized pieces.
3. Peel and finely chop the ginger and garlic.
4. Heat a medium to large pot on medium heat. Add the ghee or oil, onion, garlic, ginger, salt, and spices. Cook for 5 minutes, stirring occasionally.
5. Add the sliced vegetables and peeled broad beans and stir to coat the vegetables with spice mixture.
6. Add the rice, lentils, and warm water. Stir to combine.
7. Place a lid on the pot and cook for 20 minutes, or until the water has nearly all been absorbed by the rice and lentils. Check and stir occasionally; if the rice is sticking to the bottom of the pot add a little extra water. Let sit for 5 minutes off the heat where it will continue cooking.
8. Chop the coriander.
9. Transfer the vegetable pulao into bowls for serving. Garnish each bowl with the coriander.

NOTES:

You can make fresh garam masala powder by roasting whole spices and grinding them with a spice grinder or mortar and pestle:

<http://www.spiceupthecurry.com/garam-masala-recipe/>

Otherwise garam masala can be bought ready-made.