

# Vegan Indian Biryani

Yield: 6 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/top-indian-biryani-recipe>

## Ingredients:

- 1 cup basmati rice
- 3 tablespoons olive oil divided
- 1/4 cup pistachios chopped
- 1 teaspoon turmeric
- 1 teaspoon cumin seed divided
- 2 teaspoons coriander seeds
- 1 star anise
- 8 cardamom pods
- 1 cinnamon sticks
- 1 3/4 cups water
- 1 teaspoon salt divided
- 1 onions chopped
- 2 tablespoons fresh ginger minced
- 2 cloves garlic minced
- 1/4 cup golden raisins
- 1 cup fresh green beans chopped
- 2 cups cauliflower florets chopped
- 1 yukon gold potatoes small chop
- 1 cup frozen peas
- 1 carrots small chop
- 2 teaspoons fresh lemon juice

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 50 grams
3. Fat: 10 grams
4. Fiber: 8 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams

7. Sodium: 450 milligrams

8. Sugar: 7 grams

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