# Mint Biryani With Roasted Mushrooms

Source: Vaishali Honawar of HolyCowVegan.net

Flavorful and satisfying, brown basmati rice is an excellent source of soluble fiber.

## About the Recipe

**290 Calories · 9 g Protein · 5 g Fiber**
**Dinner**

## Ingredients

***Makes 5 Servings***

- 1 1/2 c (293 g) white or brown basmati or other long-grain rice
- 4 cloves garlic
- 4 pods green cardamom
- 1 cinnamon stick
- 3 c (700 mL) water for rice (3 3/4 c [887 mL] if using brown rice), 1/4 c [59 mL] water for mint paste
- 1 lb (454 g) white button mushrooms or crimini mushrooms (or a meatier mushroom like portabella or shiitake)
- 1/4 tsp (1.2 mL) turmeric
- 1/4 tsp (1.2 mL) red chili powder
- to taste iodized salt (optional) **optional*
- 1 c (45 g) mint leaves, tightly packed (1 1/2 c [67.5 g] if using brown rice)
- 1 tbsp (15 mL) fresh ginger root
- 5 cloves garlic, minced
- 2 green chilies, minced
- 3 oz (85 g) soft tofu (can use soy yogurt as a substitute)
- 1 tbsp (15 mL) lemon juice
- 1/4 c (60 mL) water

- 1 medium onion, sliced
- 1 tomato, diced
- 3/4 tsp (3.7 mL) turmeric
- 1 tbsp (15 mL) garam masala

## Directions

1. Preheat the oven to 350 F (177 C).
2. Heat a deep pan. Add the cardamom, cinnamon, and cloves. 
3. When they sputter, add the rice, and stir for a minute until the grains start to turn opaque.
4. Add the water, and bring to a boil. 
5. Cover, lower the heat to low, and simmer for 15 minutes. If using brown rice, once the water comes to a boil, cover the saucepan with a tight lid and bake in a preheated 350 F (177 C) oven for 50 minutes.
6. Let stand for at least 10 minutes.
7. Meanwhile, thinly slice the mushrooms.
8. Spray oil in the baking sheet and toss the mushrooms with 1/4 tsp (1.2 mL) turmeric, red chili powder, and salt, if using.
9. Roast in the 350 F (177 C) oven for about 20 minutes or until the mushrooms are tender and beginning to caramelize but are not burned. Tip: If you don't have mushrooms around, potatoes are also great. Cut them into thick fingers and follow the rest of the instructions, adding a few more minutes in the oven for the potatoes to cook and turn golden brown.
10. In a blender, add and grind: mint, ginger, garlic, green chilies, tofu, lemon juice, and water.
11. If using brown rice, add 1 tsp (5 mL) more of the garam masala and another green chili, to taste.
12. For the final step, heat a large saucepan. Saute onion until it turns golden brown.
13. Add tomato, 1/2 tsp (2.5 mL) turmeric, and garam masala.
14. Stir and let cook until the tomatoes are tender. 
15. Add the mint paste and stir and cook for about 10 minutes on medium heat. Add salt to taste.
16. Now carefully add the rice to the mint, using a light touch so as to not crush the grains. Using a fork, mix the rice and the mint paste.

17. Cover and cook for another 2 minutes on a very low flame. Sprinkle the roasted mushrooms on top and serve.

## Nutrition Facts

Per serving (1/5 of recipe):

Calories: 290

Fat: 2 g

Saturated Fat: 0.4 g

Calories From Fat: 5%

Cholesterol: 0 mg

Protein: 9 g

Carbohydrate: 60 g

Sugar: 4 g

Fiber: 5 g

Sodium: 167 mg

Calcium: 101 mg

Iron: 7 mg

Vitamin C: 48 mg

Beta-Carotene: 398 mcg

Vitamin E: 1 mg

Potassium: 570 mg