

STICKY CARROT BIRYANI



This Sticky Carrot Biryani is a gently spiced, veggie-packed dish that makes vegetables comforting and appealing for children. Using Tilda Brown & White Rice, it delivers a soft, fluffy texture with added wholegrain goodness, while sweet carrots and mango chutney create a naturally sticky, mildly sweet flavour kids enjoy.

METHOD (MAKES 12)

1. Cook the Tilda Brown & White Rice in the veg stock
2. Add carrots to a large pan or steamer, cook until tender but not mushy, drain well and set aside
3. Combine the cooked carrots, curry powder and mango chutney until evenly coated and glossy
4. Fold the sticky carrot mixture through the cooked rice
5. Sprinkle with coriander and serve

INGREDIENTS

500g Tilda Brown & White Rice
1kg carrots, cut into half chunks
500g mango chutney
20g curry powder
1L vegan vegetable stock
Bunch coriander, chopped

