



Portobello Mushroom Biryani with Onion Sauce and Date and Fig Chutney

READY IN



45 min.

SERVINGS



6

CALORIES



1122 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 0.5 cup apricots chopped
- ☐ 1.5 cups rice
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup cashew pieces toasted
- ☐ 13.5 ounce vegetable stock 1 can coconut milk canned
- ☐ 1 tablespoon curry paste recommended: Biryani
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- ☐ 5.5 cups dates dried chopped
- ☐ 0.5 cup currants dried
- ☐ 3 figs dried cut into 1/4-inch cubes
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh grated
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 apples i use 2 granny smith apples cut into 1/4-inch cubes
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cardamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion minced
- ☐ 1 teaspoon paprika
- ☐ 6 portabello mushrooms stemmed peeled
- ☐ 0.5 cup pumpkin seeds toasted
- ☐ 0.3 cup shallots crispy
- ☐ 0.5 cup soy milk
- ☐ 0.3 cup butter unsalted
- ☐ 2 tablespoons butter unsalted
- ☐ 0.8 cup citrus champagne vinegar
- ☐ 6 servings can be found in specialty indian and sri lankan stores
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Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Special equipment: a blender
- ☐ For the rice: Rinse the basmati rice until the water runs clear, soak in warm water for 10 minutes and drain.
- ☐ In a large pot of boiling salted water cook the rice until tender, about 6 minutes.
- ☐ Meanwhile, in a small pot over medium heat melt the butter with the curry paste, cardamom, and cloves.
- ☐ Drain the rice and toss with the butter mixture until evenly coated. Keep warm until ready to serve. Just before serving add the currants, cashews, pumpkin seeds, apricots, shallots, cilantro, and mint.
- ☐ Brush the mushrooms with the olive oil and season with salt and pepper.
- ☐ Heat a large skillet over medium high heat, place the mushrooms, tops down, in the skillet and cook for 3 minutes. Turn the mushrooms over and cook for 2 minutes.
- ☐ Serve the mushrooms on a bed of rice with Onion Sauce and Chutney.
- ☐ In a medium pot melt the unsalted butter over medium heat.
- ☐ Add the onion and cook until golden brown.
- ☐ Add the curry paste, ground cloves, and ground cardamom and cook 30 seconds.
- ☐ Pour in the vegetable stock and coconut milk. Raise the heat to high and simmer for 10 minutes.
- ☐ Remove the pot from the heat add the soy milk and kosher salt. Puree in a blender until smooth.
- ☐ In a large pot combine the cider, vinegar, and brown sugar and bring to a boil, over high heat, stirring until the sugar has dissolved. Reduce the heat to medium and add in the dates, apple, garlic, and ginger. Cook for 15 minutes or until most of the liquid has been absorbed.
- ☐ Stir in the figs, paprika, cardamom, and kosher salt. Store in a tightly sealed container in the refrigerator for up to 1 week or in the freezer for up to 1 month.

Nutrition Facts



 **PROTEIN 5.3%**  **FAT 29.83%**  **CARBS 64.87%**

Properties

Glycemic Index:107.54, Glycemic Load:78.82, Inflammation Score:-9, Nutrition Score:32.848695941593%

Flavonoids

Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 1122.14kcal (56.11%), Fat: 39.42g (60.64%), Saturated Fat: 21.75g (135.93%), Carbohydrates: 192.83g (64.28%), Net Carbohydrates: 176.04g (64.02%), Sugar: 125.59g (139.54%), Cholesterol: 30.37mg (10.12%), Sodium: 634.49mg (27.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.52%), Manganese: 2.39mg (119.53%), Fiber: 16.79g (67.16%), Copper: 1.22mg (60.83%), Potassium: 1893.67mg (54.1%), Phosphorus: 468.06mg (46.81%), Magnesium: 186.07mg (46.52%), Selenium: 30.77µg (43.96%), Vitamin B3: 8.18mg (40.91%), Vitamin A: 1994.28IU (39.89%), Iron: 6.79mg (37.71%), Vitamin B6: 0.71mg (35.49%), Vitamin B5: 2.67mg (26.7%), Folate: 89.38µg (22.34%), Zinc: 3.12mg (20.82%), Vitamin B1: 0.3mg (20.19%), Vitamin B2: 0.34mg (20.03%), Calcium: 188.34mg (18.83%), Vitamin K: 16.6µg (15.81%), Vitamin E: 2.19mg (14.57%), Vitamin C: 11.17mg (13.54%), Vitamin D: 0.7µg (4.67%), Vitamin B12: 0.28µg (4.64%)