Who says biryani has to be fiery to be flavourful? This low-spice Vegetable Biryani is a perfect harmony of colour, fragrance, and nutrition. Made with minimal masalas—just a hint of pepper, coriander, jeera, turmeric, and the gentlest touch of chilli—this version is kind to the gut, calming to the mind, and soothing to the senses. Ideal for children, the elderly, and anyone wanting the richness of biryani without the intensity.

What Is Vegetable Biryani?

Vegetable biryani is traditionally a spiced, aromatic rice dish layered with cooked vegetables, herbs, and whole spices. This unique version avoids garam masala, biryani masala, green chilies, or heavy spice blends, yet delivers depth using basic Ayurvedic-friendly spices. It offers the essence of biryani with a sattvic, tridoshic twist.

How to Make Vegetable Biryani: The Traditional Way

Ingredients:

main

- **1 cup basmati rice (soaked for 20 minutes)**
- **1.5 cups mixed vegetables (carrots, beans, capsicum, baby corn, bottle gourd)**
- **2 tbsp thick curd (optional but recommended for moisture)**
- **2 tbsp ghee or sesame oil**
- **1½ cups hot water**
- **Salt to taste**

spices

- **¼ tsp turmeric powder**
- **½ tsp coriander powder**
- **¼ tsp jeera (cumin) powder**
- **1/8 tsp black pepper powder**
- **A pinch of red chilli powder (optional)**

- **1 bay leaf**
- **1-inch cinnamon stick**
- **2 cloves**
- **2 green cardamoms**
- **1 star anise (optional)**
- **A few fresh mint and coriander leaves (chopped)**

Method:

1. **Heat ghee in a heavy-bottomed pot or pressure cooker. Add bay leaf, cinnamon, cloves, cardamom, and star anise. Sauté for 10–15 seconds.**
2. **Add the chopped vegetables and sauté for 2–3 minutes on medium flame.**
3. **Add turmeric, coriander powder, jeera powder, pepper, and a tiny pinch of red chilli powder. Mix well.**
4. **Stir in curd and salt. Let it coat the vegetables gently.**
5. **Add drained rice and sauté for a minute until the grains glisten.**
6. **Pour in 1½ cups hot water. Mix gently.**
7. **Cover and cook on low flame for 12–15 minutes, or pressure cook for 1 whistle and let it rest.**
8. **Garnish with chopped mint and coriander. Serve warm.**

Ayurvedic Benefits

1. **Tridoshic balance: mild spices and well-cooked vegetables are balancing for Vata, Pitta, and Kapha.**
2. **Turmeric and cumin support digestion, circulation, and immunity.**
3. **Black pepper and coriander powder gently kindle Agni without overheating.**
4. **Avoiding heavy spices like garam masala or green chilies makes this dish cooling and sattvic.**
5. **Ghee acts as a carrier (yogavahi), helping nutrients reach deeper tissues.**

Pro Tips from the Indian Kitchen

- **Soak basmati rice for fluffier, separate grains.**
- **Add a few drops of rose water or a strand of saffron in warm milk for a**

subtle aroma.

- **Use fresh curd—it tenderizes vegetables and keeps the biryani moist.**
- **Avoid overcooking the vegetables—they should be soft yet hold shape.**
- **Ghee enhances the flavour even in minimal spice settings—don’t skip it.**

❤ Why We love Vegetable Biryani

- **Comforting, aromatic, and light—a rare combo!**
- **Ideal for people with sensitive stomachs or Pitta constitution.**
- **Perfect for kids, elders, and guests who prefer mild food.**
- **Still delivers the feel and festivity of biryani—with none of the burn.**
- **A great way to introduce biryani to sattvic or healing diets.**

Ideal For

- **Pitta-prone days or warm seasons**
- **Children and elderly care meals**
- **Post-illness recovery or calming diets**
- **Light yet festive family lunches or travel boxes**
- **Sattvic food retreats, Ayurvedic kitchens, and clean-eating menus**

