



Chicken biryani

Serves: 2 Time: 1 hr 10 min

A great rice-based curry that combines some of your five-a-day

Ingredients

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| 1 tbsp olive / vegetable oil | 2 medium onions, chopped |
| 2 medium cloves of garlic, chopped | 2 medium mild chillies, chopped |
| 2 large tomatoes, chopped | 1 tbsp tomato puree |
| ¼ tsp chilli powder | ¼ tsp coriander powder |
| ¼ tsp cumin powder | 1 tbsp whole spices, in muslin bag if desired |
| 1 tbsp biryani masala | 1 chicken breast |
| 3 medium mushrooms | 1 cup frozen peas |
| 1 medium potato, peeled and chopped | 150g cup basmati rice, washed |

Garnish

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| 1cm piece of root ginger, chopped finely | quarter tsp whole cumin seeds |
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Method

Heat the oil and fry the onions until they're golden brown (approximately 5 minutes).
Add the garlic, chillies, tomatoes, tomato puree, spices, and 1 cup of water and simmer on a medium heat for 5 minutes. Use a potato masher if you want the sauce to be smoother.
Add the chicken and simmer for 10 minutes, stirring regularly.
Add the frozen peas, mushrooms, potatoes and more water if needed and simmer for 5 minutes.
Put the boiling water in a saucepan, add the washed rice, boil for 5 minutes and drain.
Layer the chicken mixture with the rice starting with the rice then the chicken mixture and repeat this twice.
Garnish with cumin seeds, and ginger. Lower the heat and simmer for a further 10 minutes.
Serve with fresh salad and yogurt dip.

Nutritional information

| Nutrient | Per 100g | Per 587g portion |
|----------------------|-------------------|--------------------|
| Energy | 112 kcal (470 kJ) | 628 kcal (2639 kJ) |
| Protein | 9.3g | 52.1g |
| Carbohydrate | 14.7g | 82.4g |
| (of which sugars) | 2.1g | 11.8g |
| Fat | 1.9g | 10.7g |
| (of which saturates) | 0.6g | 3.4g |
| Fibre | 1.0g | 5.8g |
| Sodium | 0.02g | 0.12g |
| Salt | 0.1g | 0.3g |

Analysed using low salt stock cube

Food safety tips

Always wash your hands, work surfaces, utensils and chopping boards before you start and after handling raw meat, including poultry. Keep raw poultry away from ready-to-eat foods such as salad, fruit and bread. Make sure that the chicken is cooked until steaming hot all the way through, that no pink meat is left and that any juices run clear. Any leftovers should be cooled within 1-2 hours and placed in the fridge (for up to 2 days) or frozen.