***Chicken Biryani Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Olive Oil | 40 g | 360 Cal. |
| Chopped Onion | 100 g | 40 Cal. |
| Chopped Garlic | 15 g | 22 Cal. |
| Celery | 50 g | 8 Cal. |
| Chopped Ginger | 25 g | 20 Cal. |
| Dry Lemon Black | 15 g (For cooking only) | 0 Cal. |
| Star Anise | 1 g | 0 Cal. |
| Shredded Carrot | 200 G | 80 Cal. |
| Biryani Spices | 14 g | 30 Cal. |
| Coriander Powder | 2.5 g | 10 Cal. |
| Cardamon Powder | 3 g | 6 Cal. |
| Mix Spices | 7 g | 20 Cal. |
| Bay Leaf | 2 g | 6 Cal. |
| Fresh Chili | 3 g | 0 Cal. |
| Leek | 50 g | 30 Cal. |
| Water | 3 liters | 0 Cal. |
| Salt | 15 g | 0 Cal. |
| Chicken Stock | 45 g | 113 Cal. |
| White Pepper | 1 g | 2 Cal. |
| Basmati Rice | 1 kg | 3,740 Cal. |
| ***Total*** | ***4,589 g***  ***3212 g after cooking*** | ***4,487 Cal.***  ***1.4 Cal/g*** |
|  | ***1 Cal./g.*** | |
| ***Sauce For 1 liter*** | | |
| Fresh Tomato no skin | 1 kg | 180 Cal. |
| Red Pepper | 150 g | 39 Cal. |
| Tomato Paste | 100 g | 82 Cal |
| Salt | 10 g | 0 Cal. |
| Coriander Powder | 5 g | 3 Cal. |
| Chopped Fresh Mint | 5 g | 3 Cal. |
| Tabasco | 3 g | 0 Cal. |
| Garlic | 18 g |  |
| Cumin | 5 g |  |
| ***Total*** | ***1,296 g before cooking, 1,054 g after cooking*** | ***307 Cal***  ***0.3 Cal/g*** |
|  |  | |

|  |  |
| --- | --- |
| **Item Name** | **Quantity** |
| ***Marination Chicken for 2 kg. = 2600 Cal*** | |
| Chopped Ginger | 10 g = 10 Cal |
| Chopped Garlic | 20 g = 60 Cal |
| Light Yogurt | 150 g = 75 Cal |
| Turmeric Powder | 5 g = 15 Cal |
| Coriander Powder | 10 g = 30 Cal |
| Chicken Masala | 10 g = 30 Cal |
| Canola Oil | 20 g = 190 Cal |
| Salt | 10 g = 0 Cal |
| Lemon Juice | 10 g = 3 Cal |
| Cardamon | 1 g = 3 Cal |
| ***Total without chicken*** | ***246 g*** |
| ***With chicken*** | ***2246g = 3016 Cal***  ***After cooking 1572 g = 1.9 cal/g*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Chicken Breast | 60 g / 120 Cal. | 100 g / 200 Cal. | 120 g / 240 Cal. |
| Biryani Rice | 100 g / 140 Cal. | 150 g / 210 Cal. | 180 g / 252 Cal. |
| Biryani Sauce | 50 g / 13 Cal. | 70 g / 18.2 Cal. | 100 g / 26 Cal. |
| Chopped Coriander (Garnish on top) | Garnish | Garnish | Garnish |
| Chopped Pistachio (Garnish on top) | Garnish | Garnish | Garnish |
| ***Total*** | ***273 Cal*** | ***428 Cal*** | ***516 Cal*** |

**Use double container**