***Chicken Kabsa Recipe: Option Meal***

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| ***Kabsa Rice*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Olive Oil | 40 g | 350 Cal |
| Chopped Onion | 100 g | 40 Cal |
| Chopped Garlic | 15 g | 20 Cal |
| Celery | 50 g | 10 Cal |
| Chopped Ginger | 25 g | 20 Cal |
| Dry Lemon Black | 15 g | 45 Cal |
| Shredded Carrot | 100 g | 40 Cal |
| Biryani Spices | 14 g | 40 Cal |
| Coriander Powder | 3 g | 20 Cal |
| Cardamon Powder | 3 g | 10 Cal |
| Mix Spices | 7 g | 21 Cal |
| Bay Leaf | 2 g | 0 Cal |
| Fresh Chili | 10 g | 0 Cal |
| Leek | 50 g | 30 Cal |
| Water | 3000 g | 0 Cal |
| Salt | 15 g | 0 Cal |
| Chicken Stock | 45 g | 15 Cal |
| White Pepper | 1 g | 0 Cal |
| Basmati Rice | 1000 g | 3700 Cal |
| Red Bell Pepper | 100 g | 30 Cal |
| Turmeric Powder | 7 g | 20 Cal |
| Tomato Paste | 50 g | 50 Cal |
| Paprika Powder | 5 g | 15 Cal |
| ***Total*** | 4657 g before cook | 4476 Cal |
| 3958 g after cook |
| ***1.1 Cal/g*** | |

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| ***Chicken Marination*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Raw Chicken | 2000 g | 2400 Cal |
| Chopped Ginger | 10 g | 10 Cal |
| Chopped Garlic | 20 g | 30 Cal |
| Low Fat Yogurt | 150 g | 90 Cal |
| Turmeric Powder | 5 g | 15 Cal |
| Coriander Powder | 10 g | 30 Cal |
| Chicken Masala | 10 g | 30 Cal |
| Canola Oil | 20 g | 180 Cal |
| Salt | 10 g | 0 Cal |
| Lemon Juice | 10 g | 0 Cal |
| Cardamom | 1 g | 0 Cal |
| ***Total*** | 2246 g before cook | 2785 Cal |
| 1909 g after cook |
| ***1.5 Cal/g*** | |

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| ***Biryani Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Fresh Tomato no skin | 1000 g | 150 Cal |
| Red Pepper | 150 g | 60 Cal |
| Tomato Paste | 100 g | 100 Cal |
| Salt | 10 g | 0 Cal |
| Coriander Powder | 5 g | 15 Cal |
| Chopped Fresh Mint | 5 g | 0 Cal |
| Tabasco | 3 g | 0 Cal |
| Garlic | 18 g | 25 Cal |
| Cumin | 5 g | 20 Cal |
| ***Total*** | 1296 g | 370 Cal |
| ***0.29 Cal/g*** | |

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| **Portions** | **1P** | **2P** | **3P** |
| Chicken Breast | 100 g / 150 Cal. | 120 g / 180 Cal. | 150 g / 225 Cal. |
| Biryani Rice | 120 g / 132 Cal. | 150 g / 165 Cal. | 180 g / 198 Cal. |
| Biryani Sauce | 100 g / 29 Cal. | 100 g / 29 Cal. | 100 g / 29 Cal. |
| Cashew Nuts | 10 g / 60 Cal | 10 g / 60 Cal | 10 g / 60 Cal |
| Chopped Coriander (Garnish on top) | Garnish | Garnish | Garnish |
| Chopped Pistachio (Garnish on top) | Garnish | Garnish | Garnish |
| ***Total*** | ***330g/366 Cal*** | ***380g/430 Cal*** | ***440g/512 Cal*** |