



SRI LANKAN BIRYANI

with Chicken and Minty Yoghurt



HELLO TURMERIC

This deep golden spice was once used by Buddhist monks to dye their robes.



Onion



Carrot



Vine Tomato



Garlic Clove



Diced Chicken Thigh



Turmeric



Sri Lankan Curry Powder



Basmati Rice



Chicken Stock Pot



Mint



Natural Yogurt



Coriander



Baby Spinach

MEAL BAG

Hands on: **25 mins**
Total: **45 mins**

Enjoy within **3** days

1.5 of your **5** a day

Family Box

Biryani is one of the all-time great one-pot dishes. Tender meat, fresh veggies and fragrant rice, what more could you want? With minimal washing up, this Indian delight will definitely become a family favourite!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler**, **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and chop the **onion** into ½cm pieces. Peel the **carrot** and remove the top and bottom, then halve lengthways and slice into thin half moons about ½cm thick. Chop the **vine tomato** into 1cm chunks. Peel and grate the **garlic** (or use a garlic press).



2 BROWN THE CHICKEN

Heat a splash of **oil** in a large saucepan on medium-high heat. Add the **diced chicken thigh** and season with a pinch of **salt** and a good grind of **pepper**. Cook until the **chicken** is browned, about 5 mins. **★ TIP:** *If the chicken is crowded in the pan, cook it in batches, otherwise it will stew rather than brown.* Once the **chicken** is cooked, remove it from the pan onto a plate and set aside. Keep the pan (no need to wash). **❗ IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



3 COOK THE VEGGIES

Put the **onion** and **carrot** in the now empty pan, along with a pinch of **salt** and a grind of **pepper**. Cook over medium heat until softened, 6-7 mins. Then add the **tomato**, **garlic**, **turmeric** and **Sri Lankan curry powder**. Cook for 1 minute more. Next add the **rice**, pop the **chicken** back in and mix well.



4 MAKE THE BIRYANI

Add the **water** (see ingredients for amount) to the pan along with the **stock pot**. Stir everything together and bring to the boil. Put a lid on the pan and turn the heat down slightly to medium. Cook for 10 mins. Then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** *The rice will finish cooking in its own steam.*



5 MIX THE YOGHURT

In the meantime, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Mix **half** the **mint** with the **yoghurt**. Roughly chop the **coriander** (stalks and all).



6 FINISH AND SERVE!

Once your **biryani** has rested, take the lid off and add the **baby spinach** to the pan along with the **coriander** and remaining **mint**. Stir through to wilt the **spinach**, then taste and add more **salt** and **pepper** if you feel it needs it. Serve your **biryani** in bowls with the **minty yoghurt** on top. **Enjoy!**

4 PEOPLE INGREDIENTS

Onion, chopped	1
Carrot, sliced	1
Vine Tomato, chopped	2
Garlic Clove, grated	1
Diced Chicken Thigh	560g
Turmeric	¾ tsp
Sri Lankan Curry Powder	1 tbsp
Basmati Rice	300g
Water*	650ml
Chicken Stock Pot	1
Mint, chopped	1 bunch
Natural Yogurt 7)	1 pot
Coriander, chopped	1 small bunch
Baby Spinach	1 small bag

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 410G	PER 100G
Energy (kcal)	588	143
(kJ)	2459	600
Fat (g)	13	3
Sat. Fat (g)	3	1
Carbohydrate (g)	69	17
Sugars (g)	10	2
Protein (g)	49	12
Salt (g)	1.40	0.34

ALLERGENS

7) Milk

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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