



for the
little ones



tomato

apple
wedges

Saffron Rice with
Chicken Skewers



BiRYani Chicken

Fragrant biryani saffron rice topped with sliced chicken, mint yoghurt sauce, sliced apple and fresh tomatoes.



30 Minutes



2 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	6g	70g

FROM YOUR BOX

BROWN ONION	1
SAFFRON	1 packet
KOFTA BIRYANI SPICE MIX	1 packet
BASMATI RICE	150g
MINT	1 packet
NATURAL YOGHURT	1 tub
CHICKEN TENDERLOINS	300g
GREEN APPLE	1
TOMATO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1/2 chicken stock cube, garam masala

COOKING TOOLS

frypan with lid, frypan

You can thread the chicken on skewers and BBQ if you prefer!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

Biryani Spice Mix: cinnamon stick, cardamom pods, cloves & bay leaf.



1. Saute the onion

Heat a frypan over medium-high heat with **oil**. Peel and dice **onion**. Add to pan and cook for 3 minutes. Add **saffron** and **Biryani spice mix**.

tip If you're not a fan of saffron, you can use curry powder or turmeric instead!



2. Cook the Biryani Rice

Stir in **rice** and **1/2 stock cube**. Pour in **300ml water**. Simmer and cook, covered, for 12 minutes over medium heat.



3. Make the Mint yoghurt Sauce

Meanwhile, slice **mint leaves** to yield about 2-3 tbsp. Combine with **yoghurt, salt and pepper**. Set aside in the fridge until serving.

tip Make a garlic yoghurt instead and reserve the mint for garnish.



4. Cook the chicken

Toss **chicken tenderloins** with **oil** and **1 tsp garam masala**. Heat a large frypan over medium-high heat and cook **chicken** for 8-10 minutes or until cooked through.

tip Use spices of choice! Cumin, mild curry powder or 1 tbsp butter chicken paste also works well!



5. Prepare fresh toppings

Wedge or dice **apple** and **tomato**.



6. Finish and Serve

Slice the **chicken**.

Serve **biryani** and **chicken** at the table with **apple, tomato wedges** and **mint yoghurt sauce**.