

for the  
little ones

tomato

apple  
wedgesSaffron 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

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## 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. Sauté 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 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.