





Biryani Chicken







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

FROM YOUR BOX

BROWN ONION	1
SAFFRON	1 packet
KOFTA BIRYANI SPICE MIX	1 packet
BASMATI RICE	300g
MINT	1 packet
NATURAL YOGHURT	1 tub
CHICKEN TENDERLOINS	600g
GREEN APPLE	1
CHERRY TOMATOES	200g

FROM YOUR PANTRY

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

cooking tools

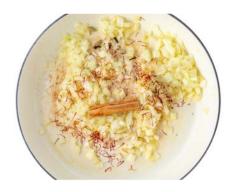
large frypan with lid, frypan

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 large frypan over mediumhigh heat with **oil**. Peel and dice onion. Add to pan and cook for 3 minutes. Add saffron and spice mix.



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



4. cook the chicken

Toss chicken tenderloins with **oil and 2 tsp garam masala**. Heat a large frypan over medium-high heat and cook chicken for 8-10 minutes or until cooked through.



Use spices of choice! Cumin, mild curry powder or 1-2 tbsp butter chicken paste also works well!



2. Cook the Biryani Rice

Stir in rice and **1 stock cube**. Pour in **600ml 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.



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



5. PRepare fresh toppings

Wedge or dice apple, halve cherry tomatoes.





6. finish and serve

Slice the chicken.

Serve biryani and chicken at the table with apple, tomatoes and mint yoghurt sauce.