

for the
little ones

BiRYani Chicken



30 Minutes



4 Servings



Chicken

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

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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 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 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.

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



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.

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



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**.