

for the
little ones

BiRYani Chicken

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



30 Minutes



4/6 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	43g	5g	69g/73g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
SAFFRON	1 packet	1 packet
KOFTA BIRYANI SPICE MIX	1 packet	2 packets
BASMATI RICE	300g	300g + 150g
MINT	1 packet	1 packet
NATURAL YOGHURT	1 tub	2 tubs
CHICKEN TENDERLOINS	600g	600g + 300g
GREEN APPLE	1	2
CHERRY TOMATOES	200g	2 x 200g

FROM YOUR PANTRY

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

COOKING TOOLS

large frypan with lid, large frypan

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

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.

6P - pour in 900ml water.



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.

6P - slice mint leaves to yield about 1/2 cup.



4. Cook the chicken

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

6P - use 3 tsp garam masala.

tip You can use cumin, curry powder or 1-2 tbsp butter chicken paste instead.



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**.