

**Product Spotlight:
Coriander**

The whole coriander plant is edible and with roots carrying the most flavour! You either love or hate coriander, some people describe it as leaving a soapy taste in their mouths. The reason for the unpleasant taste has actually got to do with genetics!



Golden Egg Biryani

with Toasted Coconut

Fragrant basmati rice layered with baby eggplant and tender boiled eggs, cooked to perfection in a medley of aromatic spices. Topped with creamy dollops of yoghurt, fresh coriander, and golden toasted coconut.



35 minutes



2 servings



Vegetarian

Add some more!

You can easily add any leftover vegetables to this dish such as capsicum, zucchini and tomatoes. Tinned chickpeas can also be stirred through for extra protein.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	88g	25g

FROM YOUR BOX

FREE-RANGE EGGS	6-pack
GINGER	1 piece
TOMATO PASTE	1 sachet
NATURAL YOGHURT	1 tub
BIRYANI SPICE MIX	1 packet
SHALLOT	1
BABY EGGPLANTS	2
BASMATI RICE	150g
SHREDDED COCONUT	1 packet
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vegetable stock cube.

KEY UTENSILS

saucepan, large frypan with lid, small frypan

NOTES

You can use coconut oil for extra fragrance.

Liquid stock can be used instead of water and stock paste instead of a stock cube.

Chop the coriander leaves and stem. You can stir through some lime zest and juice if you have some.



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1. COOK THE EGGS

Bring a medium saucepan of water to the boil. Gently add **eggs** and cook for 6-8 minutes. Drain and set aside.



2. PREPARE SAUCE

While eggs are cooking, peel and grate **ginger**. Combine with **tomato paste**, **1 tbsp yoghurt** and **biryani spice mix**.



3. SAUTÉ EGGPLANT

Heat a large frypan with lid over medium heat with **oil** (see notes). Slice **shallot** and **eggplants**. Add to pan to cook for 5 minutes until softened. Season with **salt**. Stir in prepared sauce until combined.



4. SIMMER THE RICE

Stir in **rice**, **1/2 crumbed stock cube** and **300ml water** (see notes). Cover with lid and bring to a boil. Reduce heat to low and cook for 15 minutes or until water absorbed. Season with **salt and pepper** to taste.



5. PREPARE THE TOPPING

Meanwhile, heat a small frypan over medium-high heat. Add **coconut** and toast until golden. Remove to a bowl to cool. Chop **coriander** and toss with coconut (see notes).



6. FINISH AND SERVE

Peel boiled eggs and gently stir through rice. Garnish rice with coriander topping (to taste) and dollop with remaining yoghurt.

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