



### 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



4/6 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
4/6 Person:	39g	46g	98g

## FROM YOUR BOX

	4 PERSON	6 PERSON
FREE-RANGE EGGS	6-pack	2 x 6-pack
GINGER	1 piece	1 piece
TOMATO PASTE	1 sachet	2 sachets
NATURAL YOGHURT	1 tub	2 tubs
BIRYANI SPICE MIX	1 packet	2 packets
SHALLOTS	2	3
GOURMET EGGPLANTS	3	4
BASMATI RICE	300g	300g + 150g
DESICCATED COCONUT	1 packet	2 packets
CORIANDER	1 packet	2 packets

## 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.

*Biryani Spice Mix: fried shallots, sultanas, turmeric, mustard seeds, curry powder.*



### 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.

**6P** – use eggs to taste, 1-2 per person.



### 2. PREPARE SAUCE

While eggs are cooking, peel and grate **ginger**. Combine with **tomato paste**, **2 tbsp yoghurt** and **biryani spice mix**.

**6P** – combine grated ginger and tomato paste with 4 tbsp yoghurt and biryani spice mix.



### 3. SAUTÉ EGGPLANT

Heat a large frypan with lid over medium heat with **oil** (see notes). Slice **shallots** 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**, **crumbed stock cube** and **600ml 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.

**6P** – stir in rice, crumbed stock cube and 900ml water (see notes).



### 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** and dollop with **remaining yoghurt**.

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