Chicken biryani

A great rice-based curry that combines some of your five a day.

Serves: 2

Time: 1 hour 10 minutes

Ingredients

- 1 tablespoon of olive/vegetable oil
- 2 medium onions, chopped
- 2 medium cloves of garlic, chopped
- 2 medium mild chillies, chopped
- 2 large tomatoes, chopped
- 1/4 tablespoon tomato puree
- 1/4 teaspoon of chilli powder, coriander powder and cumin powder
- 1 tablespoon whole spices, in muslin bag if desired
- 1 tablespoon biryani masala
- 1 cooked chicken breast
- 1/3 cup frozen peas
- 3 medium mushrooms, roughly chopped

- 1 medium potato, peeled and chopped
- 500ml boiling water
- 150 grams cup basmati rice, washed

Garnish

- 1cm piece of root ginger, chopped finely
- 1/4 teaspoon whole cumin seeds

Method

1. Heat the oil and fry the onions until they're golden brown (approximately 5 minutes)
2. Add the garlic, chillies, tomatoes, tomato puree, spices and 236ml (1 cup) of water and simmer on a medium heat for 5 minutes. Mash with a potato masher if you want the sauce to be smoother.
3. Add the chicken and simmer for 10 minutes, stirring regularly.
4. Add the frozen peas, mushrooms, potatoes and more water if needed and simmer for 5 minutes.
5. Put the boiling water in a saucepan, add the washed rice, boil for 5 minutes and drain.
6. Layer the chicken mixture with the rice starting with the rice then the chicken mixture and repeat this twice.
7. Garnish with cumin seeds, and ginger.
8. Lower the heat and simmer for a further 10 minutes.
9. Serve with fresh salad and yoghurt dip.

Nutritional Information

Each serving provides	Amount in grams
Energy	2728 kilojoules/646 kilocalories
Fat	9.3
Saturates	1.4
Sugar	21.2
Salt	0.33

Typical values per 100g: Energy 360kJ/85kilocalories

The information stated above is based on each serving of chicken biryani and excludes suggested accompaniments.

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