

Speedy Biryani

Biryani is a festival dish, traditionally served at Indian weddings. It comes from Kerala, where rice is a staple food. This is a deliciously spicy version of a substantial meal that is served in one pot.



Egg and mustard*

Nutritional information per portion (389g):

Energy	Fat	Saturates	Sugars	Salt
1721kJ 409kcal 20%	15g 21%	3g 15%	4g 4%	0.95g 16%

of an adult's reference intake.

Typical values per 100g: energy 442kJ/105kcal.

Equipment

Sharp knife x 2
(one for meat,
one for vegetables)

Chopping board
x 2 (one for meat
and one for
vegetables)

Colander

Scissors

Cup or mug

Large saucepan with
lid or electric wok

Measuring spoons

Plastic spoon or
spatula

Measuring jug

Pan stand

Large serving dish



Ingredients

Serves 4-6

1 x 15ml spoon vegetable oil	100ml water
2 chicken breast fillets	4 tomatoes
Bunch coriander	500g cooked basmati rice (approx. 200g uncooked rice = 500g cooked rice)
1 medium red onion	2 hardboiled eggs
100g French beans	
4 x 15ml spoons balti curry paste	

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Step 1

Peel and chop the onion finely. Wash the French beans, tomatoes and coriander.



Step 2

Using the scissors chop up the coriander in a mug. Chop off the ends of the beans and cut in half. Cut the tomatoes into quarters.



Step 3

Take a different chopping board and knife. Cut the chicken into 1cm diced pieces and place in a bowl. Wash your hands after handling raw chicken.



Skills used include:

Weighing, measuring, peeling, chopping, boiling/simmering and frying.

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Step 4

Put the oil in the saucepan and heat. Add the chicken, curry paste and half of the coriander. Stir and cook for 5 minutes. The chicken will change colour from pink to white.



Step 5

Add the onion and green beans and cook for 3 minutes. Then add the water and tomatoes and cook for 3 minutes. Add the cooked rice. Mix well, cover and simmer for 2 minutes.



Step 6

Peel the hardboiled eggs and cut into quarters. Spoon the biryani into a large serving dish and garnish with the hardboiled eggs and sprinkle with coriander.



Optional Ingredients

Try the optional ingredients below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

Additional Instructions

Vegetarian biryani – Add 400g of Quorn™ fillets.	For a meat free version substitute the chicken with 400g of Quorn™ fillets.
Lamb biryani – Add 400g of diced lamb (lamb fillet).	Instead of chicken you could make a lamb biryani using 400g of diced lamb (lamb fillet) or 400g of diced braising steak.
Prawn biryani – Add 400g of defrosted frozen or fresh prawns.	Instead of the chicken, use prawns. Make sure that they are really cooked well and do not reheat this dish.
Precooked rice – Add 500g of precooked rice (2 x 250g packets).	To save time buy precooked rice so this can just be added, it saves on washing up too.

Prepare now, eat later

This is not a dish that can be reheated. However the boiled eggs and rice can be prepared in advance, cooled and stored in a fridge.