



More Than Food
HelloFresh.co.uk

Enjoy
within
2 days



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on    You'll be entered into our weekly photo contest!

Bangladeshi Lamb Biryani

Biryani is traditionally made with a leg of goat, but here we've made it with our delicious lamb mince from butchers Roaming Roosters. It's a traditional dish from India and is often served at weddings and big occasions... and is also delicious as a mid-week meal! Enjoy!

 40 mins

 spicy

 gluten
free



Basmati Rice (1 cup)



Onion (1)



Garlic Clove (1)



Vine Tomato (2)



Curry Powder (1 tbsp)



Lamb Mince (250g)



Peas (½ cup)



Mint (3 tbsp)



Coriander (2 tbsp)



Natural Yoghurt
(1 pot)

Ingredients

2 PEOPLE ALLERGENS

Basmati Rice	1 cup	
Onion, sliced	1	
Garlic Clove, chopped	1	
Vine Tomato, chopped	2	
Curry Powder	1 tbsp	Mustard
Lamb Mince	250g	
Peas	½ cup	
Mint, chopped	3 tbsp	
Coriander, chopped	2 tbsp	
Natural Yoghurt	1 pot	Milk

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Biryani is derived from the Persian word 'Biryani', meaning 'fried before cooking'.

Nutrition per serving: Calories: 650 kcal | Protein: 39 g | Carbs: 80 g | Fat: 17 g | Saturated Fat: 8 g



1 Boil 350ml of **water** (exactly) in a pot with ¼ tsp of **salt**. Pour the **rice** into the pot, turn the heat to its lowest setting and put a lid on top. Leave the **rice** simmering on low heat for 10 mins, then rest off the heat for 10 mins. **Tip:** *Do not lift the lid until 20 mins are up or your rice won't cook.*

2 Peel and chop the **onion** in half lengthways. Slice the **onion** very thinly into half moons. Peel and very finely chop the **garlic**. Chop the **tomatoes** into 2cm cubes.



3 Heat 1 tbsp of **olive oil** in a non-stick frying pan on medium low heat. Add your **onions** with ¼ tsp of **salt** and gently cook for 8 mins. For the last 2 mins add the **curry powder** and the **garlic**.

4 Turn the heat to medium. Add the **lamb mince** with a pinch of **salt** and cook until it has browned off. Add ¼ cup of **water**, the **peas** and **tomatoes**, place a lid on the pan and cook on low for 6 mins.

5 Tip in your cooked **rice** and stir everything together.



6 Roughly chop 3 tbsp of **mint** and 3 tbsp of **coriander** and stir them through the biryani. Serve with a big dollop of **natural yoghurt** on top.

Tip: *If you have any spare fresh herbs, add them as well - the more the merrier!*



Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!