



CHICKEN BIRYANI

with Courgette, Carrot and Minty Chilli Yoghurt



HELLO COURGETTE

The world's largest courgette on record was 69½ inches long, and weighed 65 pounds. Bernard Lavery of Plymouth Devon, UK, grew it!



Onion



Carrot



Vine Tomato



Courgette



Garlic Clove



Diced Chicken Thigh



Chicken Stock Powder



Sri Lankan Curry Powder



Basmati Rice



Mint



Coriander



Red Chilli



Greek Yoghurt

MEAL BAG

Hands on: 15 mins
Total: 40 mins

3.5 of your
5 a day

Little heat

Family Box

One pot wonder

Biryani is one of the all-time great one pot dishes. Tender chicken, fresh veggies and fragrant basmati rice, all coming together in this delicious, colourful dish. Say goodbye to soggy, stodgy rice because we're about to show you a foolproof trick that will help you cook rice perfectly every single time. Packed with hidden veggies and bursting with flavour, it's guaranteed to take centre stage on any table it's served on.

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BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Frying Pan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 DO THE PREP

Pop your kettle on to boil. Halve, peel and thinly slice the **onion**. Trim the **carrot** (no need to peel) and halve lengthways. Thinly slice widthways. Chop the **vine tomato** into 1cm chunks. Trim the **courgette** then quarter lengthways and chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press).



2 BROWN THE CHICKEN

Heat a splash of **oil** in a large frying pan on medium-high heat. When hot, add the **chicken** and season with a pinch of **salt** and **pepper**. Cook until the **chicken** is browned, about 5-7 mins. **★ TIP:** *You may need to do this in batches - you want the chicken to brown, not stew.* Meanwhile, pour the boiling **water** (see ingredients for amount) into a measuring jug and add the **stock powder**. Stir to dissolve.



3 ADD THE VEGGIES

Add the **onion** and **carrot** to the pan with the **chicken**. Cook over medium heat until softened, 6-7 mins. Stir in the **tomato**, **Sri Lankan curry powder** and **garlic**. Cook for 1 minute, then stir in the **basmati rice**.



4 COOK THE BIRYANI

Stir in the **chicken stock** and **courgette**. Bring to the boil, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



5 MIX THE YOGHURT

Meanwhile, pick the **mint leaves** from their stalks and finely chop (discard the stalks). Roughly chop the **coriander** (stalks and all). Halve the **chilli**, deseed and finely chop. **✦ TWIST IT UP:** *In a small bowl, combine the **mint**, **coriander** and **chilli** (go easy on the chilli if you don't like heat - you can always add more later!) with **half** the **yoghurt**.*



6 FINISH AND SERVE

Once the **biryani** is cooked season with **salt** or **pepper** to taste. Serve the kids first: spoon the **biryani** into bowls and top with the remaining **plain yoghurt**. For the adults, serve the **biryani** topped with the **herby chilli yoghurt**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion	1	1	1
Carrot	1	1	1
Vine Tomato	1	2	2
Courgette	1	1	1
Garlic Clove	1	1	2
Diced Chicken Thigh	280g	420g	560g
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Sri Lankan Curry Powder	1 small pot	¾ large pot	1 large pot
Basmati Rice	150g	225g	300g
Mint	1 bunch	1 bunch	1 bunch
Coriander	1 bunch	1 bunch	1 bunch
Red Chilli	½	½	½
Greek Yoghurt 7)	½ pouch	¾ pouch	1 pouch

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 707G	PER 100G
Energy (kcal)	647	92
(kJ)	2705	383
Fat (g)	17	2
Sat. Fat (g)	5	1
Carbohydrate (g)	76	11
Sugars (g)	14	2
Protein (g)	50	7
Salt (g)	0.49	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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BEFORE YOU EAT

Look at this delicious biryani and enjoy that feeling of pride. You made this! Before you tuck in, take a moment to step back and really appreciate what you've achieved. Now enjoy sharing this classic dish.