







More Than Food
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Enjoy
within
2 days



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Lamb Bangladeshi 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 on big occasions ... and is also delicious as a mid-week meal! Enjoy!



40 mins



spicy



Basmati Rice (2 cups)



Onion (2)



Garlic Clove (2)



Vine Tomato (4)



Curry Powder Mix
(2 tbsp)



Lamb Mince
(500g)



Peas (1 cup)



Mint (5 tbsp)



Coriander (4 tbsp)



Natural Yoghurt
(2 pots)

Ingredients

4 PEOPLE

ALLERGENS

Basmati Rice	2 cups	
Onion, sliced	2	
Garlic Clove, chopped	2	
Vine Tomato, chopped	4	
Curry Powder Mix	2 tbsp	Mustard
Lamb Mince	500g	
Peas	1 cup	
Mint, chopped	5 tbsp	
Coriander, chopped	4 tbsp	
Natural Yoghurt	2 pots	Milk

🥬 Our fruit and veggies are super fresh, so they need a little wash before cooking!

Did you know...

The word biryani originates from the persian word for rice, "birinj".

Nutrition per serving: Calories: 605 kcal | Protein: 40 g | Carbs: 86 g | Fat: 12 g | Saturated Fat: 5 g

2



1 Boil 700ml of **water** (exactly) in a pot with ½ 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 the 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



3 Heat 2 tbsp of **olive oil** in a non-stick frying pan on medium-low heat. Add your **onions** with ½ tsp of **salt** and gently cook for 8 mins. For the last 2 mins add the **curry powder mix** and the **garlic**.

4 Turn the heat to medium. Add the **lamb mince** with ¼ tsp of **salt** and cook until it has browned off. Add ½ 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.

4



6 Finally stir through the chopped **mint** and the chopped **coriander**. Serve with a big dollop of **natural yoghurt** on top. **Tip:** *Keep adding more fresh herbs if you want - the more the merrier!*

5



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