



LAMB BIRYANI

with Green Beans and Yoghurt



HELLO GREEN BEANS

Green beans grow on a bush and belong to legume family originating from Peru.



Red Onion



Garlic Clove



Lamb Mince



North Indian Style Curry Powder



Tomato Purée



Raisins



Basmati Rice



Chicken Stock Powder



Green Beans



Natural Yoghurt

MEAL BAG

30 mins

1 of your 5 a day

Little Heat

Lamb biryani is a no-fuss dish that is packed with warm, earthy flavours. Our method creates an easy and quick biryani without the lengthy list of Indian spices while still capturing the spirit of this delicious, fragrant dish. The sweet raisins and basmati rice compliment the lamb mixture and the green beans add a bit of crunchy texture. Serve the biryani in bowls with a dollop of cool yoghurt on top.

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 Saucepan** (with a **Lid**), **Measuring Jug** and **Frying Pan**. Now, let's get cooking!



1 GET PREPPED

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).



2 FRY THE LAMB

Heat a large saucepan on medium-high heat (no oil). Once hot, add the **lamb mince**. Fry until the **lamb** is nicely browned, breaking it up with a wooden spoon as it cooks, 4-5 mins. Stir in the **onion** and cook until softened, stirring occasionally, 5 mins. Add the **North Indian style curry powder, tomato purée** and the **garlic** and cook for 1 minute more, stirring continuously. **! IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



3 SIMMER

Add the **raisins** and **basmati rice** to the **lamb mixture**. Pour in the **water** (see ingredients for amount) and bring to the boil. When boiling, add the **stock powder**, stir, then lower the heat to medium and pop a lid on the pan. Leave to simmer for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4 CHOP THE BEANS

While the rice cooks, trim the **green beans** and chop into thirds. Then you can put your feet up for a bit!



5 COOK THE BEANS

Ten mins before the **biryani** is cooked, heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **green beans** and a pinch of **salt** and **pepper**. Stir together and cook until the **beans** are softened and slightly charred, 5-6 mins. Remove the pan from the heat.



6 FINISH AND SERVE

When the **biryani** is cooked, fluff up the **rice** with a fork then stir in the **green beans**. Taste and add **salt** and **pepper** if you feel it needs it. Serve the **biryani** in bowls with a spoonful of **yoghurt** on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	1	2
Garlic Clove *	1	2	2
Lamb Mince *	200g	300g	400g
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Tomato Purée	1 sachet	2 sachets	2 sachets
Raisins	1 bag	1½ bags	2 bags
Basmati Rice	150g	225g	300g
Water*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Green Beans *	1 small pack	1 large pack	2 small packs
Natural Yoghurt 7) *	1 pot	1 pot	2 pots

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 434G	PER 100G
Energy (kJ/kcal)	2741 / 655	632 / 151
Fat (g)	17	4
Sat. Fat (g)	6	1
Carbohydrate (g)	91	21
Sugars (g)	27	6
Protein (g)	32	7
Salt (g)	1.25	0.29

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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