Chicken Biryani

Serves   4-6

Portions of fruit & vegetables per serving: ½
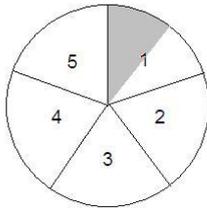
Hob needed   Oven needed

Ingredients	Amount	Preparation
basmati rice	350g (13oz)	
chicken breast	2 medium	cut into small cubes
onion	1	finely chopped
ground ginger	1½ teaspoons	
garlic	1-2 cloves	chopped or crushed
cinnamon sticks	2 pieces	
cardamom pods	2–3	
garam masala	1 teaspoon	
bay leaves	2	
ground cumin	1½ teaspoons	
ground coriander	1½ teaspoons	
natural **yoghurt**	2 tablespoons	
water	600mls (1¼ pints)	
vegetable oil	1 dessertspoon	
frozen peas	120g (4oz)	
chilli powder	1 teaspoon	

For more recipes go to www.bhamcommunity.nhs.uk/recipes
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Method

1 Heat the oven to gas mark 2 / 150°C, 300°F.

2 Put the chicken in a bowl, add the spices and yogurt and mix together, leave to marinate for 10 minutes in the fridge.

3 Heat the oil in a saucepan and fry the onion until soft.

4 Add the peas and marinated chicken mixture, mix well and cook for 10 minutes over a medium heat, stirring occasionally.

5 Add 75mls of water then simmer for another 10 minutes.

6 Meanwhile wash the rice and put it in another pan. Cover with the remaining water, bring to the boil and simmer until cooked.

7 When the rice is cooked mix it into the chicken mixture.

8 Line a medium sized roasting tin with silver foil (or a casserole dish with a lid can be used instead) and then put in the rice and chicken mixture. Place another piece of foil over the top to cover and make sure the steam doesn't come out.

9 Cook in the oven for 10 minutes then serve.

Based on 6 servings

309 calories   Per serving

Fat	LOW	2.8g
Saturates	LOW	0.5g
Sugars	LOW	3.1g
Salt	LOW	0.1g

■ HIGH ■ MEDIUM ■ LOW
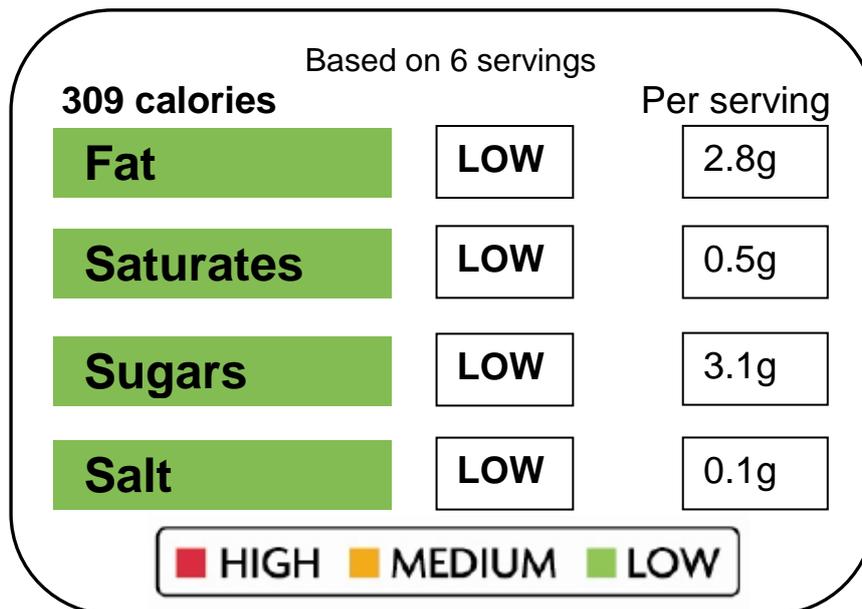
Handy Hints

- This is a low fat version of a favourite spicy dish which is usually high in fat.
- Serve with fresh salad to add a portion of vegetables.
- Add extra colour and vegetables by adding a grated carrot to the rice at the end of cooking.
- The rice and chicken can be kept separate and layered up in the casserole dish.

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