

Recipe: Annie's Chicken Briyani

Main dish

An easy and aromatic chicken briyani dish prepared with basmati rice, chicken, cauliflower, carrots, tomatoes and fresh herbs and spices.

Preparation time: 10 minutes

Cooking time: 45 minutes

Serves 10 children

Ingredients

- 180g basmati rice
- 180g brown rice*
- 2 tablespoons canola oil*
- Ingredients A:
 - 60g onion, chopped
 - 20g garlic, chopped finely
 - 20g ginger, chopped finely
- 220g tomato puree* (optional – add this in for a mushier rice, suitable for younger children)
- Ingredients B:
 - 2 teaspoon biryani masala
 - 1 tablespoon turmeric powder
 - 1 teaspoon cumin seeds
 - 1 teaspoon cardamoms
 - 60g carrots, cubed
 - 100g cauliflower, cut in florets
 - 500g chicken breast*, skinless, fats removed, cubed
 - 100g tomatoes, cubed
- Ingredients C:
 - 100g broccoli, cut in florets
 - 10g chopped fresh coriander
 - 750ml water
 - 5g salt



Nutrition Information

(Per serving): 238.9 g

Energy 190.8 kcal

Protein 11.4 g

Total fat 1.3 g

Saturated fat 0.5 g

Carbohydrates 35 g

Dietary fibre 2.2 g

Sodium 234.7 mg



* Choose products with the Healthier Choice Symbol

Cost Per Serving: \$ 1.00

Methods

1. Wash and drain the basmati rice & brown rice.
2. Heat up the pot with oil and fry ingredients A until fragrant.
3. If using tomato puree, add in now and cook for 3 minutes.
4. Add ingredients B and cook until puree thickens.
5. Add the rice and ingredients C and bring it to a boil.
6. Lower the flame to medium and cook until water evaporates completely. Stir occasionally to avoid burning and sticking to the base of the pot.
7. Keep it covered for another 10 minutes before serving. Remove cardamoms before serving.

Tips:

- This recipe can also be prepared in a rice cooker. After frying A & B, transfer them together with C to the rice cooker and set as you would cook white rice. The rice cooker switches off automatically once the water is absorbed.
- If you soak the basmati rice for about 30 minutes before cooking, the grains will be longer and softer when cooked.