

Chicken and Green Bean

Biriyani with Yogurt

hellóchef

A great dish that can be served up a few days later, perfect for leftovers.

Cals 956 • Prot 64 • Carbs 112 • Fat 33

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© cook: 30 min

R2854

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Biryani	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Water	300	450	600	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Red onion	1	2	3	Piece
Cardamom pods	4	6	6	Piece
Green beans	150	250	250	Grams
Basmati rice	150	225	300	Grams
Ghee 4*	30	45	60	Grams
Salt	0.5	1	1	Tsp
Ginger garlic paste	20	30	40	Grams
Turmeric powder	2	2	4	Grams
Cumin powder	2	2	4	Grams
Curry powder	2	4	4	Grams
Cashew nuts 1*, 2*	40	60	80	Grams
Golden raisins 14*	30	45	60	Grams
Garnish				
Natural yogurt 4*	170	170	170	Grams
Crispy onions	20	30	40	Grams
Fresh coriander	15	15	15	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *2 Tree Nuts, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4000 / 956
Fat (g)	33.2
of which saturates (g)	14.8
Carbohydrate (g)	112
of which sugars (g)	21.9
Fiber (g)	7
Protein (g)	63.8
Salt (g)	5.9

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Boil the **measured water** and dissolve the **stock cube** in it. Peel and finely chop the **onion**. Split the **cardamom pods** open with the back of a knife. Trim and roughly chop the **green beans**. Thoroughly rinse the **Basmati rice**.

Tip! The trick to perfectly fluffy, non-mushy biriyani, is to thoroughly rinse the rice, thereby removing as much starch as possible. Rinse it once, twice or even thrice, and, time permitting, soak it for 30 min before rinsing.



2 Saute

Heat a large non-stick pan over a medium-low heat with the **ghee**. Once hot, add the **onion** with a pinch of **salt** and cook for 6 min until very soft. Once very soft, add the **ginger garlic paste**, **cardamom pods**, **turmeric**, **cumin** and **curry powder** and cook for 1 min further.



3 Prep chicken

Meanwhile, chop the **chicken** into bite-sized pieces.



4 Simmer

Add the **chicken**, **rice**, **green beans**, **cashew nuts**, **stock** and **raisins** to the pan and cook, covered, for 15 min or until the liquid has been absorbed and the **rice** is tender.



5 Serve

Serve with a dollop of **yogurt** and garnish with the **crispy onion** and **fresh coriander** leaves.