

Low Carb Chicken Biryani

with Cauliflower Rice

hellóchef

This delicious low carb version of a traditional chicken biryani is bound to impress.

Cals 603 • Prot 58 • Carbs 38 • Fat 25

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🕒 cook: 40 min

R3183



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	600	800	Grams
Natural yogurt 4*	170	170	340	Grams
Ginger garlic paste	15	20	30	Grams
Garam masala	2	2	5	Grams
Turmeric powder	2	2	4	Grams
Chilli powder	2	2	4	Grams
Paprika powder	2	2	4	Grams
Red onion	1	1	2	Piece
Tomatoes	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Ghee 4*	30	45	60	Grams
Cardamom pods	4	6	8	Piece
Dried bay leaves	1	2	2	Piece
Cumin seeds	2	2	4	Grams
Coriander powder	2	2	4	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Tamarind paste	15	22	30	Grams
Crispy onions	20	30	40	Grams

Cauliflower rice

Cauliflower	600	800	1200	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

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)	2518 / 603
Fat (g)	25
of which saturates (g)	13.7
Carbohydrate (g)	38
of which sugars (g)	16.6
Fiber (g)	10.1
Protein (g)	58.2
Salt (g)	5.3

*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

Chop the **chicken** into bite-sized pieces. Add them to a bowl with half of the **yogurt**, the **ginger garlic paste**, **garam masala**, **turmeric**, **chilli (spicy!)** and **paprika**. Mix and set aside. Peel and finely chop the **onion**. Roughly chop the **tomatoes**. Finely chop the **fresh coriander** (stalks included). Split the **cardamom pods** open with the back of a knife.



2 Fry

Heat a non-stick pan over a medium-high heat with the **ghee**. Once hot, add the **onions** and cook for 10 min or until golden brown. Reduce the heat to medium. Add the **bay leaves**, **cardamom pods**, **cumin seeds** and **coriander powder**. Fry for 1 min.

Tip! Browning the onions develops a natural sweet flavour, while layering the biryani ensures an even mix of masalas.



3 Cook chicken

Add the **chicken**, chopped **tomatoes** and crumbled **stock cube** to the pan. Cover and cook for 8-10 min or until the **chicken** is cooked through. Once cooked through, stir in the **tamarind paste**.



4 Make cauli rice

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5-7 min, or until the **cauliflower** begins to soften.



5 Layer biryani

Spread half of the **cauliflower rice** over the bottom of a serving dish. Top with half of the **chicken**, followed by half of the chopped **coriander**. Top with the remaining **cauliflower rice**, **chicken** and **coriander**.



6 Serve

Gently tumble the **biryani**. Divide among plates and serve with a dollop of **yogurt** and a sprinkling of **crispy onions**.