



Chicken / Quorn biryani

You will need:

- 200g cooked rice, 'cauliflower' rice or 2 microwave rice pouches
- 300g chicken breasts / thighs or a packet of Quorn pieces
- 1 red onion
- 150g green beans
- 4 tablespoons of balti paste
- 4 large / 10 cherry tomatoes
- 2 boiled eggs
- Coriander
- Oil
- Water

For a vegetarian or vegan version, simply leave out the meat and eggs and include a range of different vegetables instead

Top tips

- If you're using Quorn, you might need extra water, as it absorbs more liquid
- Add different vegetables to the dish, to suit your taste
- Try making your own curry paste
- Squeeze the rice pouch before cooking, to help separate the rice grains
- A tin of chickpeas is a good alternative to Quorn

Allergens

- Check your balti paste
- Eggs

Dice the chicken and finely chop the onion

Add a little oil to the pan, along with the balti paste, chicken / Quorn and chopped onion

Cook for approximately 10 minutes, until the chicken is fully cooked through. To check it's cooked properly, cut a piece in half and it should be white all the way through

Trim the green beans, roughly chop the tomatoes and finely chop the coriander. Once you've boiled your eggs, remove the shell and cut into quarters

Add the green beans, tomatoes, half the coriander and 150ml of water to the pan and stir

Once the beans have softened, add the cooked rice or 'cauliflower rice', place a lid on the pan and cook for a further 5 minutes (approximately)

To serve, simply place the boiled eggs and a sprinkle of the chopped coriander across the top of your biryani

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