

# MARLEY SPOON



## Lamb Biryani

with Cauliflower and Almonds



30-40min



2 Portions

The beauty of biryani is that everything gets cooked together in the one pot. So all the lovely flavours from the spices, meat and vegetables meld together producing a wonderfully fragrant and tasty dish (with less washing up at the end too!). A sprinkling of toasted almonds and fresh herbs and you've got a quick and easy dinner in minutes.

## What we send

- 1 garlic clove and coriander
- slivered almonds <sup>15</sup>
- diced lamb leg steak
- green peas
- basmati rice
- cauliflower
- chicken stock powder
- carrot
- onion
- spice mix <sup>1</sup>

## What you'll require

- olive oil
- salt and pepper
- water

## Utensils

- Kettle
- large saucepan and lid
- sieve
- small frypan
  
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Tree Nuts (15). May contain traces of other allergens.

## Nutrition per serving

Energy 605.0kcal, Fat 15.2g, Proteins 35.7g, Carbs 74.6g



### 1. Prepare lamb

Bring a kettle of water to the boil for the stock. Place the **diced lamb** in a bowl with 1 tsp **oil** and the **spice mix**. Season with **salt and pepper** and toss to coat.



### 2. Prepare ingredients

Thinly slice the **onion**. Chop or crush the **garlic**. Thinly slice the **carrot**. Cut the **cauliflower** into small florets. Rinse the **peas** in cold water. Combine the **chicken stock powder** with 375ml (1½ cups) boiling water in a heatproof bowl.



### 3. Start cooking

Heat 3 tsp **oil** in a large saucepan over medium heat. Cook the **onion, carrot** and **garlic** for 5 mins or until softened. Increase the heat, add the **spiced lamb** and stir-fry for 2-3 mins until browned. Add the **rice** and stir until the grains are well coated.



### 4. Finish cooking

Add the **stock** to the pan, scraping any bits off the base of the pan using a wooden spoon and bring to the boil. Cover and simmer over low heat for 8 mins. Add the **carrots** and **cauliflower**, cover and cook for a further 8 mins or until tender. Remove from the heat. Add the **peas**, cover and stand for 2 mins or until warmed through.



### 5. Toast almonds

Meanwhile, place the **almonds** in a cold frypan over medium heat. Toast the nuts for 3-5 mins until evenly golden, tossing the pan frequently.



### 6. Get ready to serve

Pick the **coriander** leaves and finely chop the stems. Stir the **coriander stems** through the **biryani** and serve with the **almonds** and coriander leaves.