



Lamb Biryani

with Cauliflower and Peas



30-40min



2 Portions

The beauty of biryani is that everything is cooked together in one pot. All the lovely flavours from the aromatic spices, meat and vegetables meld, producing a wonderfully fragrant and delicious dish (with less washing-up at the end, too!). A final garnish of toasted almonds and fresh coriander add texture and colour to this Indian favourite.

What we send

- slivered almonds ¹⁵
- chicken stock powder
- lean diced lamb leg steak
- 1 carrot and 1 onion
- green peas
- coriander and 1 garlic clove
- basmati rice
- cauliflower
- Indian spice blend (cumin, coriander, garam masala, turmeric) ¹

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

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

Cooking tip

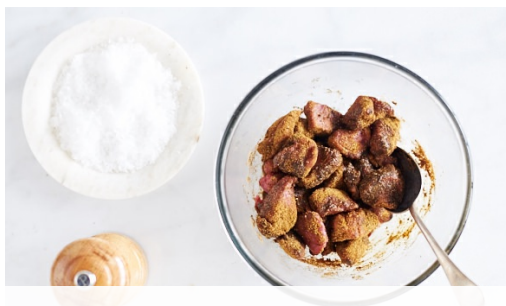
Including coriander stems add texture and flavour to the dish, while eliminating waste.

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. Marinate lamb

Trim any fat from the **lamb** and cut into 1cm chunks. Combine the **spice blend**, **half the oil** and **salt and pepper** in a bowl. Add the **lamb** and toss to coat. Rinse the **rice** in a sieve under cold water. Set aside.



2. Prepare ingredients

Halve and thinly slice the **onion**. Finely chop or crush the **garlic**. Peel and quarter the **carrot** lengthwise, then thinly slice. Trim and cut the **cauliflower** into small florets. Combine the **chicken stock** with the **boiling water** (see staples list) in a heatproof jug.



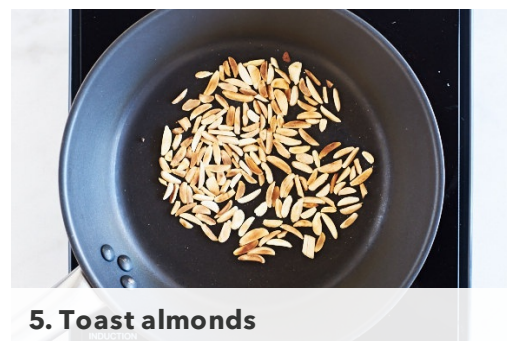
3. Start biryani

Heat the **remaining oil** in a large deep frypan over medium-high heat. Add the **onion** and **garlic**. Cook, stirring, for 3 mins or until softened. Add the **lamb** and cook, stirring occasionally, for 2-3 mins until browned. Add the **rice** and stir until well coated. Season with **salt**.



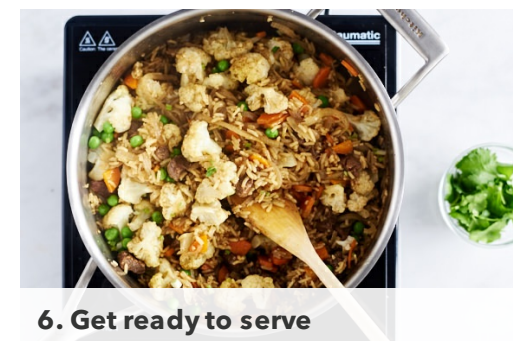
4. Add vegetables

Add the **stock**, scraping any bits from the base of the pan using a wooden spoon, and bring to the boil. Cover with a lid and simmer over low heat for 8 mins. Add the **carrot** and **cauliflower**. Cover and cook for a further 8 mins or until tender.



5. Toast almonds

Meanwhile, place the **almonds** in a cold small frypan over medium heat. Toast the almonds, tossing, for 3-5 mins until lightly golden.



6. Get ready to serve

Remove biryani from the heat. Add the **peas**, cover and stand for 2 mins or until warmed through. Meanwhile, pick the **coriander** leaves and finely chop the stems (see cooking tip). Stir the **coriander stems** through the biryani. Divide among bowls and scatter with the **almonds** and **coriander leaves** to serve.