



## Lamb Biryani

with Cauliflower and Peas



30-40min



4 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 <sup>15</sup>
- Indian spice blend (cumin, coriander, garam masala, turmeric) <sup>1</sup>
- basmati rice
- coriander and 2 garlic cloves
- 2 carrots and 1 onion
- chicken stock powder
- diced lamb leg steak
- green peas
- cauliflower

## 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

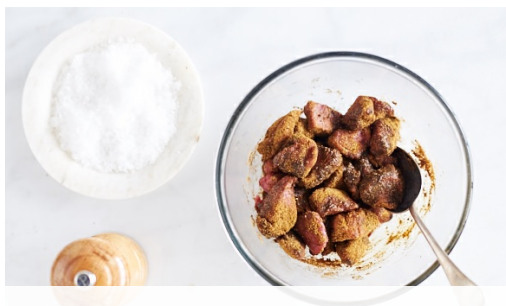
Including coriander stems add texture and flavour to the dish, while eliminating waste.

## 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 **carrots** 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.



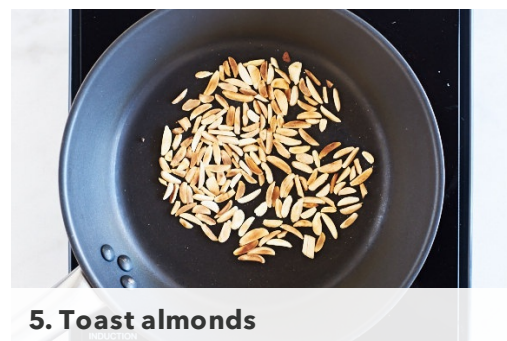
**3. Start biryani**

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**.



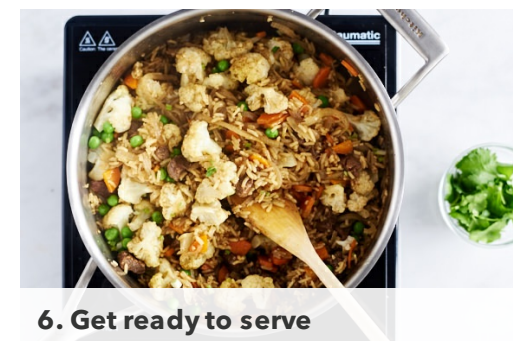
**4. Add vegetables**

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.