

Lamb Biryani

with Cauliflower and Almonds



30-40min



4 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

- spice mix ¹
- Stock, Chicken Bouillon Powder
- Lamb, Diced Leg Steak
- onion
- carrot
- Herb, Coriander Fresh
- Cauliflower, Portion Cut
- Peas, Green Frozen
- Nuts, Almonds, Slivered ¹⁵
- Rice, Basmati
- garlic clove

What you'll require

- olive oil
- salt and pepper
- water

Utensils

- sieve
- small frypan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 600kcal, Fat 15.8g, Carbs 73.4g, Proteins 35.4g



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**, the **spice mix** and a little **sea salt and pepper**. 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.