



UCOOK

Easy Chicken Breyani

with a herby yoghurt

Let's heat up the kitchen with a mouthwatering chicken mince breyani, featuring a delectable whole spice mix. Complemented with brown rice for substance, sided with a refreshing coriander yoghurt for balance, and finished with diced tomato for that sweet-tangy flavour.


Hands-on Time: 50 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Kate Gomba

Simple & Save

 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

| | |
|-------|--|
| 400ml | Brown Rice <i>rinse</i> |
| 10g | Fresh Coriander <i>rinse</i> |
| 2 | Garlic Cloves <i>peel & grate</i> |
| 2 | Onions <i>peel & finely dice</i> |
| 80ml | NOMU Indian Rub |
| 16ml | Whole Spices <i>(2 Cinnamon Sticks, 2 Cloves, 10ml Cumin Seeds & 2 Cardamom Pods)</i> |
| 600g | Free-range Chicken Mince |
| 160ml | Low Fat Plain Yoghurt |
| 2 | Tomatoes <i>rinse & roughly dice</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. READY THE RICE Place the rinsed rice in a pot with 900ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. SOME PREP Place ½ the coriander and the grated garlic on a chopping board. Finely chop to form a chunky paste. Set aside.

3. FRYING TIME Place a pot over medium-high heat with a drizzle of oil. Once hot, fry the diced onion, the NOMU rub, and the whole spices until the onion is soft and translucent, 5-6 minutes (shifting occasionally). Add the coriander paste, the chicken mince, a knob of butter, and seasoning. Break the mince up as it cooks. Fry until the mince is browned, 3-4 minutes (shifting regularly).

4. DELICIOUS BREYANI Add the cooked rice to the pot with the chicken and gently toss, 1-2 minutes. Remove from the heat, cover, and set aside to steam, 10 minutes. There should be no liquid remaining. Remove and discard the cinnamon sticks. Season.

5. CORIANDER YOGHURT Finely chop the remaining coriander and place in a bowl with the yoghurt. Mix until combined and season.

6. PLATE IT UP! Dish up the fragrant breyani alongside the diced tomato. Dollop over the herby yoghurt. Eat and be merry, because you earned it! (And watch out for those sneaky cardamom pods.)

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 659kJ |
| Energy | 158kcal |
| Protein | 9.4g |
| Carbs | 22g |
| of which sugars | 1.5g |
| Fibre | 2.3g |
| Fat | 4g |
| of which saturated | 0.9g |
| Sodium | 188mg |

Allergens

Allium, Cow's Milk

Eat
Within
1 Day