

Lamb Biryani with Sweet Currants & Greek Yoghurt

We're so excited to bring you this fragrant curry blend from Island Curries. Curry on rice is all well and good, but when the rice itself is cooked with the curry paste? Now that's magical. Studded with sweet rich currants, fresh coriander and tender lamb, this is lamb curry as you've never experienced it before.



Prep: 10 mins Cook: 35 mins Total: 45 mins

helping

hands



level 1





Olive Oil







Brown Onion





Curry Paste



Jasmine Rice



Beef Stock Cube



Lamb Leg Steaks







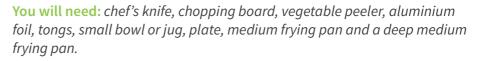
Greek Yoghurt



Lime

QTY	Ingredients	# Ingredients feature		
1 tbs	olive oil *	in another recipe		<u>,</u>
1	brown onion, finely sliced	* Pantry Items		
2	carrots, peeled & cut into half moons	i and y items		
2 tbs	curry paste (recommended amount)	Pre-preparation		
1 ½ cups	Jasmine rice			
1	beef stock cube	Nutrition per serve		
3 ½ cups	hot water *	Energy Protein	2780	
600 g	lamb leg steaks	Fat, total	42.9 16.1	g
1/4 cup	currants	-saturated	6.5	g
1 bunch	coriander, roughly chopped	Carbohydrate	84	g
1 tub	Greek yoghurt	-sugars	20.3	g
1	lime, sliced into wedges	Sodium	638	m







Heat the **olive oil** in a deep medium frying pan over a medium-high heat. Add the brown onion and carrot and cook, stirring, for 5 minutes or until soft. Add the curry paste and cook, stirring, for 1 minute or until fragrant. Add the Jasmine rice and cook, stirring, to toast and coat well in the paste. Combine the beef stock cube and hot water together in a small bowl or jug, then add it to the pan and bring the mixture to the boil. Cover and reduce the heat to a medium-low temperature. Simmer the biriyani, stirring a few times, for 25 minutes or until the stock is absorbed and the rice is tender.



2 Meanwhile, season the lamb leg steaks with salt and pepper. Heat a dash of olive oil in a medium frying pan over a medium-high heat. Add the seasoned lamb leg steaks and cook for 2 minutes on each side for medium rare or until cooked to your liking. Transfer to a plate and cover with foil. Rest the lamb until the rice is tender, then cut the lamb into 5 mm thick slices.



When the rice is tender, remove the lid and stir through the currants, coriander and lamb slices. Cook for 1-2 minutes or until the lamb is heated through.



Divide biryani between bowls and serve with a dollop of Greek voghurt and the lime wedges. Enjoy!

Did you know? An International Rice Research Institute exists which maintains that half of the world's population depends on this delicious grain.