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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



level 1



helping hands

Pantry Items



Olive Oil



Hot Water



Brown Onion



Carrot



Curry Paste



Jasmine Rice



Beef Stock Cube



Lamb Leg Steaks



Currants



Coriander



Greek Yoghurt



Lime

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QTY	Ingredients
1 tbs	olive oil *
1	brown onion, finely sliced ⊕
2	carrots, peeled & cut into half moons
2 tbs	curry paste (recommended amount)
1 ½ cups	Jasmine rice
1	beef stock cube
3 ½ cups	hot water *
600 g	lamb leg steaks
¼ cup	currants
1 bunch	coriander, roughly chopped
1 tub	Greek yoghurt
1	lime, sliced into wedges

⊕ Ingredients features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2780	Kj
Protein	42.9	g
Fat, total	16.1	g
-saturated	6.5	g
Carbohydrate	84	g
-sugars	20.3	g
Sodium	638	mg



You will need: *chef's knife, chopping board, vegetable peeler, aluminium foil, tongs, small bowl or jug, plate, medium frying pan and a deep medium frying pan.*

1 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 biryani, 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.

3 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.

4 Divide biryani between bowls and serve with a dollop of **Greek yoghurt** 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.