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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 parsley and tender lamb, this is lamb curry as you've never experienced it before.



Prep: 5 mins

Cook: 30 mins

Total: 35 mins



level 1



high protein

Pantry Items



Olive Oil



Hot Water



Brown Onion



Carrot



Curry Paste



Jasmine Rice



Beef Stock Cube



Lamb Leg Steaks



Currants



Parsley



Greek Yoghurt

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| 2P | 4P | Ingredients |
|----------|----------|--|
| 2 tsp | 1 tbs | olive oil * |
| ½ | 1 | brown onion, finely sliced |
| 1 | 2 | carrot, peeled & cut into 5 mm thick discs |
| 2 tbs | 4 tbs | curry paste (recommended amount) |
| ¾ cup | 1 ½ cups | Jasmine rice, rinsed well |
| 1 ½ cups | 3 cups | hot water * |
| 1 cube | 2 cubes | beef stock |
| 2 steaks | 4 steaks | lamb leg |
| 2 tbs | 4 tbs | currants |
| ½ bunch | ¾ bunch | parsley, roughly chopped |
| 1 tub | 2 tbs | Greek yoghurt |

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 3240 | Kj |
| Protein | 49.6 | g |
| Fat, total | 18.5 | g |
| -saturated | 7.6 | g |
| Carbohydrate | 98.7 | g |
| -sugars | 31.4 | g |
| Sodium | 1120 | mg |



You will need: *chef's knife, chopping board, vegetable peeler, tongs, aluminium foil, sieve, 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 onion is 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 paste. Add the **hot water** and **beef stock cube** to the pan and bring to the boil. Cover and reduce the heat to medium-low. Simmer for **15 minutes** or until the liquid is absorbed and rice is tender. Add a little extra water if the liquid is absorbed before the rice is tender.

2 Meanwhile, season the **lamb 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 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 until the rice is cooked, then cut the lamb into 5 mm thick slices.

3 When the rice is tender, remove the lid and stir through the **currants**, **parsley** 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**.

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