



Speedy Biryani (serves 4)

Rice is a good source of carbohydrate providing us with energy. Starchy carbohydrates such as rice, pasta, bread and potatoes should make up just over a third of all the food we eat.

Ingredients:

2 x 250g packets express rice
1 tbsp. oil
1 x 400g can chickpeas
Small bunch fresh coriander
1 medium red onion
100g/approx. 30 green beans
4 dsp. bal ti curry paste
1 mug / 250ml water
4 tomatoes
1 pepper
2 hard-boiled eggs

Equipment:

Large frying pan with lid
Sharp knife
Chopping board
Dessert spoon
Wooden spoon
Bowl
Scissors
Mug

Instructions:

1. Wash all the vegetables and herbs
2. Peel and finely chop the red onion, cut off the tops and bottoms of the green beans and then cut them in half
3. Slice the pepper into strips and the tomatoes into quarters. Finely chop the coriander in a mug with scissors
4. Heat the oil in the frying pan, add the red onion, green beans and half of the chopped coriander and cook gently for 5 minutes
5. Add the chickpeas and curry paste and cook for a further 3-4 minutes
6. Break up the express rice in the packet with your fingers before adding to the pan with the tomatoes. You may need to add a little extra water now - your biryani should be **moist but it shouldn't be wet**
7. Cover the pan and cook for a further 4-5 minutes or until hot, stirring occasionally
8. Peel the shell from the hard-boiled eggs and slice into quarters.
9. Serve your biryani garnished with the eggs and the remaining coriander.

RICE SHOULD NEVER BE REHEATED - Chill any leftovers quickly and eat cold

Skills used:
Measuring, frying and serving

ALLERGENS HIGHLIGHTED IN BOLD

