


# Dinner Recipes

## Simple Chicken Biryani

### Ingredients (Serves 4)

**One  
Life  
Suffolk**

-  2 tbsp vegetable oil
-  3 chicken breast fillets, chopped
-  Seasonings: coriander, cumin, cloves, black pepper, cinnamon, nutmeg, turmeric, bay leaves (optional), garlic
-  1 tsp chilli powder
-  300g long grain rice or basmati
-  1 medium onion, chopped
-  1 garlic clove



### Method

1. In a large saucepan, heat the oil over low heat. Add sliced onion. Cover and cook for 10 minutes, or until the onion has softened.
2. Cut the chicken into bite-size pieces and combine with the seasonings, chilli powder, and salt in a bowl. To coat, stir well.
3. Rinse the rice in cold water several times until the water runs clear. Add garlic to the onion cook for further 2 minutes, then add the chicken pieces and cook for another 2 minutes, stirring regularly.
4. Add in the rice and stir well and bring to a boil. Cook for 5 minutes after covering with a tight-fitting lid and lowering the heat slightly. Allow the rice to continue cooking in the steam

by turning off the heat and leaving the pan for 10 minutes. Remove the lid only if necessary.

### Nutritional Information

[Approx. Per Serving]

Calories: 500Kcal  
Carbohydrate: 65g  
Fat: 9g  
Protein: 40g

### Cost:

[Approx.]  
Total Ingredients: £7.00  
Per Serving: £1.75