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## Lamb Biryani

with Tomato and Green Peas

*Biryani*, an Indian mixed rice dish, can be composed of a variety of meats, spices, herbs and vegetables. Our version uses ground lamb, sweet peas, tomatoes and a fragrant mix of spices, fresh mint and cilantro!



Ground Lamb



Basmati Rice



Plum Tomato



Green Peas



Onion



Garlic



Mint



Cilantro



Vegetable Broth Concentrate




Tadka Masala



Yogurt

## Ingredients

	2 People	4 People
Ground Lamb	1 pkg (250 g)	2 pkg (500 g)
Basmati Rice	1 pkg (170 g)	2 pkg (340 g)
Plum Tomato	340 g	680 g
Green Peas	1 pkg (113 g)	2 pkg (227 g)
Onion, sliced	1 pkg (56 g)	2 pkg (113 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Mint	1 pkg (10 g)	1 pkg (10 g)
Cilantro	1 pkg (10 g)	1 pkg (10 g)
Vegetable Broth Concentrate	1 pkg	2 pkg
Tadka Masala  2)	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Yogurt 1)	1 pkg (100 g)	2 pkg (200 g)
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Milk/Lait
- 2) Mustard/Moutarde

## Tools

Medium Pot, Measuring Cups, Large Pan, Small Bowl

**Nutrition per person** Calories: 814 cal | Fat: 33 g | Protein: 39 g | Carbs: 90 g | Fibre: 6 g | Sodium: 390 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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1



**1 Prep: Wash and dry all produce.** In a medium pot, bring **1 1/3 cups salted water** (double for 4 people) to a boil. Cut the **tomatoes** into 1/2-inch pieces. Mince or grate the **garlic**. Roughly chop the **mint leaves** and **cilantro**.

3



**2 Cook the rice:** Add **rice** to the boiling water. Reduce the heat to low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 10-12 min.

**3 Cook the onion:** Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onion** and **garlic**. Cook, stirring occasionally, until the onion softens, 4-5 min.

4



**4 Cook the lamb:** Add the **lamb** and **spice blend** to the pan. Cook, breaking up the meat into smaller pieces with a spoon, until no pink colour remains, 4-5 min. Add the **peas, tomatoes** and **broth concentrate(s)**. Cook until the tomato is slightly softened, 3-4 min.

6



**5 Make the crema:** Meanwhile, in a small bowl, combine the **yogurt** with **half the mint** and **half the cilantro**. Season with **salt** and **pepper**.

**6 Finish and serve:** Stir the **rice** into the pan. Stir together until warmed through. Divide the **lamb biryani** between bowls. Sprinkle with the **remaining mint** and **remaining cilantro**. Dollop with the **crema**. Enjoy!

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