



HELLO
FRESH

Chettinad Inspired Chicken Biryani

with Caramelised Onion, Peas, Yoghurt and Tamarind Chutney

High Protein

Preparation time : 35 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chettinad-inspired-chicken-biryani-387>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Garlic Press, Large Saucepan, Lid, Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Onion (unit(s))	1	2	2
Medium Tomato (unit(s))	1	2	2
Garlic Clove (unit(s))	2	3	4
Diced British Chicken Breast (grams)	240	390	480
Curry Powder Mix (sachet(s))	1	1	2
Chettinad Style Paste (grams)	25	37½	50
Basmati Rice (grams)	150	225	300
Chicken Stock Paste (grams)	15	25	30
Peas (grams)	120	180	240
Greek Style Natural Yoghurt (grams)	75	150	150
Tamarind Chutney (grams)	40	60	80
Sugar (tsp)	1	1½	2
Water for the Rice (milliliter(s))	300	450	600
Honey (tbsp)	1	1½	2
Butter (grams)	20	30	40

Add yourself

Salt, pepper, oil and water according to taste.

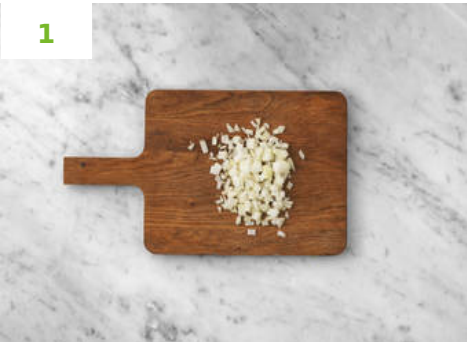
Nutritional values

Per serving	Amount
Energy (kJ)	3116 kJ
Energy (kcal)	745 kcal
Fat	21.8 g
of which saturates	10.1 g
Carbohydrate	95.2 g
of which sugars	28 g
Dietary Fibre	7.5 g
Protein	44.3 g
Salt	3.6 g

Allergens

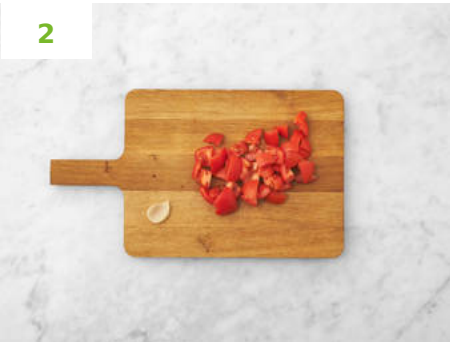
Milk, Barley, Cereals containing gluten

Always check the product labels for allergen information.



Get Started

Halve, peel and chop the **onion** into small pieces.
Heat a drizzle of **oil** in a large saucepan on medium heat.
Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.



Finish the Prep

Meanwhile, chop the **tomato** into 1cm chunks. Peel and grate the **garlic** (or use a garlic press).
Once the **onion** has softened, add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.
Transfer the **onion** to a bowl, cover with a lid or foil and set aside.



Add the Flavour

Give the pan a quick wipe, then return to a medium-high heat with a drizzle of **oil**.
Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**. Cook until lightly browned all over, 5-6 mins. Turn occasionally.
TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
Add the **tomato**, **garlic**, **curry powder** and **Chettinad style paste** and fry for a further 2 mins.



All Together Now

Stir the **rice** and **caramelised onion** into the **chicken** pan and mix until the **rice** is coated.
Add the **chicken stock paste**, **¼ tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.
Leave to simmer for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins (the **rice** will continue to cook in its own steam). Cook until the **chicken** is cooked through.
IMPORTANT: The chicken is cooked when no longer pink in the middle.



Final Touches

Once the **rice** is cooked, stir through the **peas**, **honey** and **butter** (see pantry for both amounts) until melted and combined.
Season with **salt** and **pepper**.



Serve

Share the **Chettinad style chicken biryani** between your serving bowls.
Finish by dolloping on the **yoghurt** and drizzling over the **tamarind chutney**.

Enjoy your meal!