

DINNERLY

Chicken Biryani:

Developed by Our Registered Dietitian



30-40min



2 Servings

WHAT WE SEND

- 1 red onion
- ½ lb pkg chicken breast strips
- 5 oz basmati rice
- ¼ oz curry powder
- 5 oz peas
- 1 oz golden raisins ¹⁷
- 1 oz salted cashews ¹⁵

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) ¹⁷
- sugar
- neutral oil

TOOLS

- medium Dutch oven or ovenproof skillet

ALLERGENS

Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 579kcal, Fat 10g, Carbs 88g, Protein 38g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center. Thinly slice **onion**. Finely chop **1 tablespoon garlic**.

Pat **chicken** dry; season all over with **salt** and **pepper**.

In a small bowl, toss to combine **¼ cup of the sliced onions, 1 tablespoon vinegar, 1 teaspoon sugar, and ¼ teaspoon salt**; set aside until step 5.



2. Start biryani

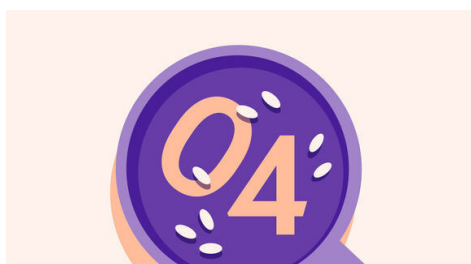
Heat **2 tablespoons oil** in a medium Dutch oven or ovenproof skillet over medium-high. Add **remaining sliced onions** and a **pinch of salt**; cook, stirring, until softened, 3–5 minutes. Add **chicken**; cook, stirring, until browned on all sides, 3–5 minutes. Add **rice, curry powder, and chopped garlic**; cook, stirring, until fragrant and rice is lightly toasted, 1–2 minutes.



3. Bake biryani

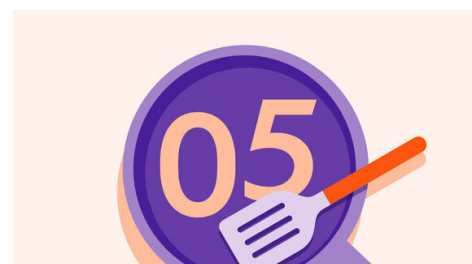
Stir in **peas, raisins, 1½ cups water, and ½ teaspoon salt**; bring to a boil. Cover with an ovenproof lid or foil.

Bake on center oven rack until **rice** is tender and **chicken** is cooked through, about 30 minutes.



4. Chop cashews

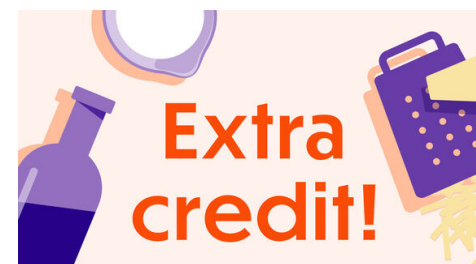
Coarsely chop **cashews**.



5. Finish & serve

Fluff **chicken biryani** with a fork; season to taste with **salt** and **pepper**.

Serve with **pickled onions** and **cashews**. Enjoy!



6.

Extra credit!