

DINNERLY



Chicken Biryani with Cashews

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. When you want lots of flavor, wholesome ingredients, and cooking that feels like an absolute breeze, turn to biryani. Curried chicken and rice bake with peas and golden raisins until you have a powerhouse of a meal. Add crunchy cashews and pickled onions, then enjoy the great decisions you've made. We've got you covered!

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 vinegar of your choice) 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 to pickle, tossing occasionally, until ready to serve.



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 all over, 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. Finish & serve

Coarsely chop **cashews**. Fluff **biryani** with a fork; season to taste with **salt** and **pepper**.

Serve **chicken biryani** with **pickled onions** and **cashews** over top. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!