

# IF YOU WASTE LESS FOOD YOU SAVE MORE MONEY

## MEAT AND TWO VEG BIRYANI

BY DINISHIA  
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- 100g basmati rice, cooked
- 1 egg, boiled (optional)
- 1 tablespoon of vegetable oil
- 1 small onion, chopped
- 1 clove garlic, crushed
- 1 tablespoon of curry paste
- a pinch of cinnamon
- ½ green or red chilli
- 3 curry leaves
- 1 portion of cooked leftover chicken (the size of a chicken fillet)
- a handful of any vegetables, such as green beans, broccoli, carrots, peas, cauliflower, peppers
- 100ml stock
- ½ a lemon
- salt and pepper to taste

**Preparation time**

10 minutes

**Serves**

2

**Per100g:**

Energy 353kJ/84kcal

Protein 6.8g

Carbohydrate 7.4g

Fat 3.0g

1. Heat the oil in a frying pan or wok and gently fry the onion and garlic until the onion is translucent.
2. Add the curry paste, cinnamon, chilli and curry leaves and stir for approximately two minutes.
3. Add the meat and stir for 10 minutes.
4. Add the vegetables and stir for a further 2–3 minutes.
5. Gently fold in the rice and mix through evenly.
6. Add the stock, salt and pepper and let it simmer for 3–5 minutes until most of the stock has evaporated and the biryani is moist.
7. Transfer to a plate, squeeze over the lemon and garnish with the sliced boiled egg.
8. Serve with poppadoms and cucumber raita (yoghurt dip).

*Top tip: The vegetable quantity can be doubled and the chicken omitted to make a vegetarian biryani.*



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