



## Easy Chicken Biryani

Work: 30 min Total: 1 hr

*This classic multi-spice Indian dish is often served on holidays. Our simplified version makes a great weeknight meal.*

- 1½ cups basmati rice
- 2 tbsp unsalted butter
- 1 medium onion, sliced root to tip
- 1 bay leaf
- ¼ tsp ground cardamom
- ¾ tsp ground cinnamon
- ¾ tsp turmeric
- ¾ tsp kosher salt
- 4 (about 1¾ lbs) boneless, skinless chicken breasts, cut into large pieces
- 5 tbsp biryani curry paste, or mild curry paste
- ½ cup raisins or currants
- 3 cups low-sodium chicken broth
- ¾ cup frozen peas, thawed
- ¼ cup chopped cilantro
- ½ cup sliced almonds, toasted

- 1.** Soak rice in warm water for 10 min, then rinse in cold water until the water runs clear; drain well in a fine sieve.
- 2.** Heat butter in a 4- to 5-qt casserole or Dutch oven over medium heat and add the onion and bay leaf; cook until soft, about 10 min. Stir in the cardamom, cinnamon, turmeric, salt, chicken and curry paste and cook until aromatic, about 2 min. Stir in rice, raisins and broth. Cover, increase heat and bring to a boil; reduce heat and simmer until chicken is done, 15 to 18 min. Uncover and cook until liquid is gone, about 5 min. Turn off heat, replace lid and let stand for 10 min.
- 3.** Gently stir in the peas and half the cilantro. Top with the rest of the cilantro and almonds. **SERVES 6**

**Per serving:** 510 calories, 14.5 g total fat, 4 g sat fat, 812 mg sodium, 55 g carbs, 87 mg chol, 40 g protein, 4 g fiber

## Curry In A Hurry

A traditional biryani calls for a paste of spices, herbs and chiles. To save time we used a prepared one. Our favorite is Patak's Biryani Curry Paste, but you can use any mild Indian curry paste. Look for Patak's products at your market or go to [pataksusa.com](http://pataksusa.com).

