



## SPEEDY CHICKEN BIRYANI

*After school club: this recipe provides a portion of starchy food and a portion of meat. It counts towards the food-based standard for lunch to provide a portion of starchy food and a portion of meat, fish, eggs, beans & other non-dairy sources of protein.*

*Recipe adapted from: Children's Food Trust, Recipe for success – After school club recipes and tips*

### Ingredients

15ml (1tbsp) vegetable oil  
450g chicken breast fillets, skinned and cut into 1cm cubes  
60g balti curry paste  
20g fresh coriander, chopped  
150g red onion, diced  
100g french beans, trimmed and cut in half  
100ml water  
350g fresh tomatoes, quartered  
1kg cooked basmati rice (360g uncooked)  
2 eggs, hard boiled, quartered

### Method

1. Heat the vegetable oil in a large saucepan, add the chicken and cook for 5 minutes.
2. Add the balti curry paste and half the coriander, the onion and the French beans and cook for a further 3 minutes, stirring well.
3. Add the water and tomato quarters and cook for a further 3 minutes.
4. Add the boiled rice. Mix well, cover and simmer for 2 minutes.
5. Serve garnished with the egg and remaining coriander.

**Serving suggestion:** with green salad or raita



#### Number of portions this recipe makes:

9 primary servings (250g)  
6 secondary servings (370g)



**Prep:** 15 minutes  
**Cook:** 15 minutes



#### Allergy information:

Egg



#### Top Tips

Rice can be cooked in the microwave if available, follow cooking instructions on the packet.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose vegetable oil based on unsaturated fat, choose curry paste containing less than 5.0g/100g salt