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