



Cheat's Beef and Tenderstem® Biryani with Yoghurt Drizzle and Pickled Red Onion

27

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Ground Turmeric



Red Onion



Cider Vinegar



Tenderstem® Broccoli



Garlic Clove



Beef Mince



Korma Style Paste



North Indian Style Spice Mix



Chicken Stock Paste



Mango Chutney



Low Fat Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, bowl, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Ground Turmeric	½ sachet	¾ sachet	1 sachet
Red Onion**	1	2	2
Cider Vinegar 14	15ml	22ml	30ml
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	2	3	4
Beef Mince**	120g	240g	240g
Korma Style Paste 9	50g	75g	100g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	15g	25g	30g
Mango Chutney	40g	60g	80g
Low Fat Natural Yoghurt** 7	75g	120g	150g
Pantry	2P	3P	4P
Sugar for the Pickle*	½ tsp	¾ tsp	1 tsp
Water for the Beef*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 388g	Per 100g 100g
Energy (kJ/kcal)	2603 /622	671 /160
Fat (g)	17.5	4.5
Sat. Fat (g)	5.9	1.5
Carbohydrate (g)	90.1	23.2
Sugars (g)	23.6	6.1
Protein (g)	27.4	7.1
Salt (g)	3.31	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk **9)** Mustard **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

Boil a full kettle. Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.

Add the **rice** and **turmeric**. Cook for 10-12 mins.

Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Spice Things Up

When the **mince** has browned, drain and discard any excess fat, then season with **salt** and **pepper**. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*

Stir in the **korma style paste**, **North Indian style spice mix** and **garlic**. Cook until fragrant, 1 min.



What a Pickle

Meanwhile, halve, peel and slice the **red onion** as thinly as you can.

Pop **half** the **onion** into a small bowl with the **cider vinegar**, **sugar for the pickle** (see pantry for amount) and a pinch of **salt**. Toss to combine, then set aside to pickle.



Assemble your Biryani

Stir the **water for the beef** (see pantry for amount) and **chicken stock paste** into the **beef**. Bring to the boil, then lower the heat and simmer until slightly thickened, 2-3 mins. Season with **salt** and **pepper**.

Stir the **cooked rice** through the **sauce**, mixing together well so all the **rice** is coated. Remove from the heat, then stir through the **mango chutney**.



Fry the Mince and Veg

Halve any thick **broccoli stems** lengthways, then cut widthways into thirds. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince**, **broccoli** and remaining **onion**. Fry until the **mince** has browned and the **veg** has softened, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Serve

Share your **cheat's biryani** between your bowls.

Drizzle over the **yoghurt**, then top with the **pickled onion** to finish.

Enjoy!



Weight Watchers