

Chicken Biryani

SERVES 4

Total cost: £7.60

Price per meal: £1.90

UTENSILS

1 medium saucepan + lid
Colander/sieve
Wooden spoon
Measuring jug
Chopping board
Sharp knife

INGREDIENTS

300g basmati rice £1.00
25g butter 50p
1 large onion 10p
1 bay leaf 2p
3 cardamom pods 18p
small cinnamon stick 3p
1 tsp turmeric 2p
4 chicken breasts £4.00
4 tbsp balti curry paste 10p
85g raisins 60p
850ml chicken stock 5p
30g coriander £1.00

Kcal 617 | Fat 12g | Saturates 4g | Carbs 83g
Fibre 2g | Protein 49g | Salt 2.01g

- 01** Soak 300g basmati rice in warm water, then wash in cold until the water runs clear.
- 02** Heat 25g butter in a saucepan and cook 1 finely sliced large onion with 1 bay leaf, 3 cardamom pods and 1 small cinnamon stick for 10 mins.
- 03** Sprinkle in 1 tsp turmeric, then add 4 chicken breasts, cut into large chunks, and 4 tbsp curry paste. Cook until aromatic.
- 04** Stir the rice into the pan with 85g raisins, then pour over 850ml chicken stock.
- 05** Place a tight-fitting lid on the pan and bring to a hard boil, then lower the heat to a minimum and cook the rice for another 5 mins.
- 06** Turn off the heat and leave for 10 mins. Stir well, mixing through 15g chopped coriander. To serve, scatter over the leaves of the remaining 15g coriander.

MORE RESOURCES TO HELP YOU COOK FOR LESS:

Love Food Hate Waste (www.lovefoodhatewaste.com)

Top tips to avoid food waste and get the most out of your weekly shop

Cooking on a Bootstrap (www.cookingonabootstrap.com)

Food blogger & author Jack Monroe's site features wide range of tasty recipes from as little as 24p a serving

Feed Yourself for £1 a day

A Facebook community with over 250,000 members all sharing their best tips on frugal cooking

British Dietetic Association (www.bda.uk.com)




Advice on making your cooking go further, batch cooking and healthy meals on a budget

Eco Soup

Head to the Students' Union every Tuesday (Headingley) and Wednesday (City) between 12:00 – 14:00 for healthy, nutritious vegan meals on a Pay As You Feel basis

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NO WASTE WE'LL COOK

Chicken Biryani

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