



More Than Food
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Bang Bang Bangladeshi Biryani



There are certain people who have been with us since the beginning and the adorable Shelly at Bang Curry is one of those people. Shelly is a total ray of sunshine and every so often we call each other to catch up on the goss' and talk recipes. This latest pice from her kitchen is a total banger and you can see the whole range, as well as meeting the lady herself, at bangcurry.co.uk

40 mins

spicy

gluten free



Basmati Rice



Onion



Garlic Clove



Vine Tomato



Bang Curry Spice



Lamb Mince



Peas



Mint



Coriander



Natural Yoghurt

Ingredients

	2P	4P
Basmati Rice	1 cup	2 cups
Onion, sliced	1	2
Garlic Clove, diced	1	2
Vine Tomato, chopped	2	4
Bang Curry Spice	1 tbsp	2 tbsp
Lamb Mince	250g	500g
Peas	½ cup	1 cup
Mint, chopped	3 tbsp	5 tbsp
Coriander, chopped	2 tbsp	4 tbsp
Natural Yoghurt 1	1 pot	2 pots

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk

Nutrition per serving: Calories: 726 kcal | Protein: 33 g | Carbs: 79 g | Fat: 30 g | Saturated Fat: 15 g



1 Boil 350ml of water (exactly) in a pot with ¼ tsp of salt. Pour the rice into the pot, turn the heat to its lowest setting and put a lid on top. Leave the rice on low heat for 10 mins, then rest off the heat for 10 mins. **Tip:** Do not lift the lid until 20 mins are up or the rice won't cook.



2 Peel and chop the onion in half lengthways. Slice the onion very thinly into half moons. Peel and very finely dice the garlic. Chop the tomatoes into 2cm cubes.



3 Heat 1 tbsp of olive oil in a non-stick frying pan on medium-low heat. Add the onions with ¼ tsp of salt and gently cook for 8 mins. For the last 2 mins add the spice and the garlic.



4 Turn the heat to medium. Add the lamb mince with ¼ tsp of salt and cook until it has browned off. Add ¼ cup of water, the peas and tomatoes, place a lid on the pan and cook on low for 6 mins.

5 Tip in the cooked rice and stir everything together.

6 Finally stir through 3 tbsp of chopped mint and 2 tbsp of chopped coriander. Serve with a big dollop of natural yoghurt on top. **Tip:** Keep adding more fresh herbs if you want - the more the merrier!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!