Healthy Rotisserie Chicken Biryani

Ingredients

- 1 onion, finely chopped
- 2 garlic cloves, quartered
- Thumb sized piece of ginger, roughly chopped
- 3 tbsps Biryani paste
- Approx. 3 cups roast chicken (stripped from rotisserie chicken)
- 2 - 3 peppers, deseeded and chopped into large chunks
- 50 g ground almonds
- 250mls chicken stock
- 150 g pot 0% Greek yogurt
- Small bunch chopped coriander
- ½ - 1 cup uncooked rice per person

Making it

1. Bring water to the boil, season and cook the rice as per packet instructions.
2. Put the onion, garlic and ginger in a food processor with 1 tablespoon water to make a paste.
3. Add the onion, garlic and ginger paste and 2 tbsp water to a pot and cook for 3-4 minutes.
4. Add the peppers and biryani paste and cook for 2 minutes.
5. Add the ground almonds and stock. Stir, cover and cook for 5 minutes.
6. Add the cooked chicken and cook for a further 5 minutes.
7. Remove from the heat; allow cool for 2 minutes. Then stir in the yogurt. Taste and season further if required.
8. Serve with rice, scattered with chopped coriander.

Recipe adapted from [http://www.bbcgoodfood.com/recipes/1897680/light-chicken-korma](http://www.bbcgoodfood.com/recipes/1897680/light-chicken-korma)

NUTRITION FACTS

Servings: 2-3

PER SERVING

Calories (kcal):  
Fat (g):  
Carbohydrate (g):  
Fibre (g):  
Protein (g):  

TIPS & HINTS

If you can’t find Biryani paste, this recipe works well with tikka, masala and madras paste too.