



# Chicken Briyani



Lower in Sodium

## Ingredients



Prep time  
40 mins



Cook time  
60 mins



Serves  
4 pax

### Spice mix

- 4 small tomatoes, diced
- 3 tbsp coriander, chopped
- 3 tbsp garlic, minced
- 4 shallots or small onions, minced
- 3 tbsp young ginger, grated
- 3 sprigs fresh mint, finely chopped
- 1 star anise
- ½ stick cinnamon, about 3cm long
- 3 cloves
- 2 green cardamoms

### Chicken masala

- 1 kg chicken, cut into chunks
- ½ tsp turmeric powder
- 1 tbsp chilli powder
- 1 tsp fennel powder
- ¾ tsp lower-sodium salt
- 3 tbsp healthier oil
- ⅔ cup low-fat yoghurt
- ⅔ cup evaporated skim milk

### Briyani rice

- 2 cups wholegrain basmati rice
- 50g young ginger, sliced finely
- 5 cloves
- 2 green cardamoms
- Some coriander for garnishing

### Raita (side dish)

- 1 cup low-fat yoghurt
- 1 small cucumber, sliced
- A pinch of lower-sodium salt to taste
- A pinch of pepper to taste

# Steps

- 01** Blend all the ingredients for the spice mix into a paste.
- 02** Marinate chicken with turmeric powder, chilli powder, fennel powder and lower-sodium salt. Massage well and coat every part of the chicken. Set aside and rest for 30 mins.
- 03** Heat a pan on medium-high heat, add healthier oil and fry the marinated chicken together with the spice mix. When chicken is lightly browned, add the yoghurt. Stir to mix well.
- 04** Pour in evaporated skim milk and simmer till chicken is 80% cooked. Make sure it coats all the chicken pieces.
- 05** Remove chicken and keep the gravy in the pan with the heat on. Continue to reduce the gravy on low heat until it thickens, then set aside.
- 06** Parboil wholegrain basmati rice on low heat in water or chicken stock with young ginger slices, cloves and cardamoms in a separate pot. Rice should not be fully cooked.
- 07** In a new pot or rice cooker pot, arrange half the amount of chicken at the bottom of the pot. Cover the chicken with some gravy and top the chicken layer with the parboiled basmati rice.
- 08** Alternate the rice and chicken layers until all is used. Add gravy and the leftover parboiled rice stock if required. Cover the pot.
- 09** Cook on stove on low heat for about 10 mins, or in rice cooking mode until the rice has absorbed the liquids and becomes fluffy.
- 10** Plate dish and garnish with coriander leaves. Serve hot with a side of yoghurt and cucumber.

## Make it healthier!



Lower in Sodium

Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Use herbs and spices or umami-packed ingredients, such as onions, instead of salt, for added depth of flavour.



Leaner cuts of meat, such as chicken breast, lean pork and beef, are flavourful and lower in fat. Remove visible fat from meat before cooking to further reduce saturated fat content.



Milk and dairy products are rich in protein and calcium, which are essential to maintain muscle strength and bone health.