

Authentic Indian Food - Chicken Biryani

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/types-of-indian-food-recipe>

Ingredients:

- 1 cup rice basmanti or aborio, washed
- 2 cups water
- 1 pinch saffron
- 1 teaspoon salt
- 2 chicken breasts cubed
- 3 tablespoons olive oil
- 1/2 cup white onion red and, sliced
- 1 serrano small, or banana pepper, chopped
- 1 small tomato chopped
- 1 tablespoon curry powder
- 1 tablespoon tumeric powder
- 1/2 tablespoon cinnamon
- 1 tablespoon cardamom pods
- 1 teaspoon fresh ginger minced
- 1/2 teaspoon chile peppers fresh, chopped
- 1 cup plain greek yogurt or 1 8oz container
- 1/2 cup golden raisins
- 1/4 cup cashews
- 1/2 cup fresh cilantro

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 70 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 27 grams

7. SaturatedFat: 4.5 grams
 8. Sodium: 680 milligrams
 9. Sugar: 12 grams
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