## RecipesCh®<sub>5</sub>se

## Pakistani biryani, Pakistani chicken biryani

Yield: 4 min Total Time: 100 min

Recipe from: https://www.recipeschoose.com/recipes/traditional-pakistani-recipe

## **Ingredients:**

- 750 grams chicken cleaned and washed well
- 3/4 cup oil
- 2 large onions finely and thinly sliced, use 4 onions for medium size
- 1 1/2 teaspoons ginger garlic paste
- 3 cloves /loung
- 3 cardamoms /elaichi
- 1 cinnamon stick large
- 1/2 teaspoon zeera shahi
- 1 bay leaf /tej patta
- 1 star anise totally optional and can be skipped
- salt as per taste
- 2 teaspoons red chili powder
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon garam masala powder
- 1/4 teaspoon cumin powder
- 1/4 teaspoon coriander seeds powder
- 1/4 teaspoon corn powder black pepper
- 3/4 cup yogurt /curd
- 2 chopped tomatoes
- 2 tablespoons coriander leaves chopped
- 5 green chilies
- 4 dried plums aloo bukhara/, optional ingredient
- 2 potatoes peeled and cut into 4 halves
- 750 grams basmati rice soaked for 30 minutes
- water for boiling the rice
- salt to taste
- 1 cinnamon stick / dalchini
- 2 cloves / loung
- 2 cardamoms / elaichi
- 1/2 teaspoon zeera shahi, / caraway seeds
- 1 tablespoon oil

- 1 tablespoon lemon extract
- food color a pinch of yellow and orange, mixed in water
- 1 tablespoon ghee /oil
- 4 mint leaves
- fried onions

## Nutrition:

- 1. Calories: 1520 calories
- 2. Carbohydrate: 190 grams
- 3. Cholesterol: 125 milligrams
- 4. Fat: 58 grams
- 5. Fiber: 10 grams
- 6. Protein: 57 grams
- 7. SaturatedFat: 6 grams
- 8. Sodium: 590 milligrams
- 9. Sugar: 10 grams

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