

Authentic South Indian Biryani

Yield: 4 min
Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-biryani-recipe-video>

Ingredients:

- 2 1/2 tablespoons vegetable oil
- 1 pod cardamom
- 1 clove
- 1 cinnamon stick
- 4 onions medium, chopped
- 3 tablespoons garlic chopped fresh
- 1/4 teaspoon fresh ginger chopped
- 1 pound boneless, skinless chicken breasts cut into cubes
- chili powder to taste
- 1 1/2 medium tomatoes chopped
- 16 ounces plain yogurt
- 3 tablespoons water
- lemon juice to taste
- 3 cups white rice
- 1 teaspoon butter
- salt to taste
- 1 bunch fresh mint chopped
- 1 bunch chopped cilantro

Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 135 grams
3. Cholesterol: 90 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 40 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 430 milligrams
9. Sugar: 12 grams

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