

Shrimp Biryani

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-rice-recipe>

Ingredients:

- 1 cup rice U.S.-grown jasmati
- 3/4 teaspoon salt divided use
- 2 tablespoons flavored oil neutral-, like safflower or grapeseed
- 1 yellow onion large, finely chopped
- 1 1/2 teaspoons minced garlic or grated
- 1 teaspoon minced ginger or grated
- 1/2 teaspoon turmeric
- teaspoon cayenne pepper or chili powder
- 1 plum tomato small, or 1/2 medium, finely chopped
- 2 tablespoons greek yogurt reduced fat
- 2 tablespoons chopped cilantro plus extra for garnish
- 1 pound large shrimp peeled and deveined
- 2 tablespoons cashew nuts toasted

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 20 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 450 milligrams
8. Sugar: 2 grams

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