

Indian Chicken Biryani

Yield: 6 min
Total Time: 60 min

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

Ingredients:

- 1 1/3 pounds boneless, skinless chicken thighs cut into generous bite size pieces, 1 inch pieces
- 1/2 cup greek yogurt full fat
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chili powder mild, or 1 teaspoon Aleppo Pepper, if you have it.
- 1 teaspoon Garam Masala divided
- 2 tablespoons ginger garlic paste divided, see notes
- 2 jalapeno peppers or other spicy peppers, halved lengthwise. Remove seeds and pith unless you like a LOT of heat.
- kosher salt
- 1 1/2 cups basmati rice raw, 11 ounces
- 3 tablespoons vegetable oil or ghee
- 4 green cardamom pods
- 1 teaspoon cumin seeds
- 1 yellow onion large, halved and thinly sliced
- 14 ounces Italian plum tomatoes 1 can, good quality, and their juice, 1 1/2 cups tomatoes
- 3 tablespoons tomato paste
- 2 teaspoons ginger garlic paste remaining from above
- 1 teaspoon ground coriander
- salt to taste
- 1/4 teaspoon saffron threads soaked in 1/4 cup of hot milk for a few minutes. Rub the saffron between your fingertips to break it up as...
- 1/2 teaspoon Garam Masala remaining from above
- 2 tablespoons fresh mint leaves chopped
- 2 tablespoons cilantro leaves chopped fresh

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 65 milligrams

4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 2 grams
8. Sodium: 460 milligrams
9. Sugar: 5 grams

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