

RECIPE OF THE WEEK – Lamb & Cashew Biryani

Ingredients

1T olive oil

1 medium brown onion, sliced

400g lamb mince (or beef if you prefer)

1/3C mild Indian curry paste (I use korma paste)

1C basmati rice

2.5C beef stock

1 cinnamon stick

1/4C sultanas

75g spinach

150g green beans, chopped

1/2C Plain Greek yoghurt for serving

1/4C cashews, toasted

Method

1. Heat oil in large fry pan over medium heat. Add onion. Cook until transparent, add mince, cook, breaking up mince, for 5 mins, add curry paste. Cook for 1 min.
2. Add rice. Stir to coat in sauce. Add stock, cinnamon stick and sultanas. Bring to boil. Reduce heat to medium to low. Simmer for 10mins or until rice is tender.
3. Stir in spinach and beans. Cook for two mins or until beans are tender. Serve with yoghurt and cashews.