

# PAKISTANI LAMB AND MANGO BIRYANI

SOUTH ASIA  
/ PAKISTAN

## ORIGINS

Deriving from the Persian word 'Biryani' meaning 'fried before cooking', Biryani was created by the Queen of the Mughal Empire, Mumtaz Mahal, in the 1600s to feed undernourished Indian Soldiers. To create a sustaining meal of carbohydrates and protein, a layered dish of golden fried rice and spiced meat was made. Since its conception, many variations have arisen with additions like fruit and nuts, particularly in Pakistani regions.



4



10 min



60 min



## WHAT YOU NEED

- 1/2 pkt (17 g) Pakistani spice
- 500 g lamb shoulder, cubed
- 1 onion, chopped
- 100 g tomato, chopped
- 200 g plain yoghurt\*
- 150 ml chicken stock
- 1/2 cup frozen peas
- 1 unripe mango\*, peeled and sliced
- 2-3 cups of rice par cooked
- 1 tbsp lemon juice

## HOW TO MAKE

①

Sauté ½ onion, 5 min. Add spice, sauté 1 min. Add lamb, sauté 5 min.

②

Add mango, tomato, yoghurt and stock, simmer 60 min, Stir in peas.

③

Fry the rest of the onion till crispy and golden. Set aside.

④

Spread par cooked rice on top of lamb, sprinkle with onion, turn off heat and cover, 20 min. sprinkle

## HOW TO SERVE

Season with lemon juice and garnish with fresh mint and coriander leaves.

## HINTS & TIPS

### SIDES & CONDIMENTS

Add 2 tbsp of cashews and currants into the rice when cooking for extra texture and flavour. The best condiments are eggplant or tomato kasundi.

### SWAPS & ALTERNATIVES

veggie combos: swap peas for beans or spinach leaves.

Reduce meat: 250 g lamb chops + 250 g chick-peas.

alternative: \*unripe mango = 1 tsp tamarind concentrate.

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