

Oven Baked Lamb Biryani

Serves: 20 tastes

Fresh from the garden: curry leaves, kale, coriander

Equipment:	Ingredients:
Chopping boards	2 tablespoons vegetable oil
Electronic scales	375g lamb mince
Measuring cups and spoons	1 small onion
Oven proof frying pan	1 1/2 teaspoons curry powder
Large spoon or spatula	5 cardamon pods, lightly bruised
Individual serving bowls	1/4 teaspoon cinnamon powder
2 Mixing bowls	1 sprig of curry leaves
Measuring jug	1/4 cup currants
Whisk	1/2 teaspoon mustard seeds
Small serving bowls	1/2 teaspoon cumin seeds
	1/4 cup tomato paste
	300ml coconut milk
	300g basmati rice
	3 cups boiling chicken stock (750ml boiling water and 1 1/2 stock cubes)
	2 teaspoons salt flakes
	Large handful finely chopped kale
	Large handful of coriander leaves

What to do:

1. Preheat the oven to 200°C.
2. Heat 1 tablespoon of oil in the frying pan and add the lamb mince. Cook, stirring occasionally until browned. While the lamb is cooking, slice the onion.
3. Remove lamb from the pan and set aside. Add the other tablespoon oil to the pan and fry the onion until golden and soft.
4. Return the lamb to the pan along with the currants, spices, curry powder and curry leaves. Fry for a few minutes until fragrant. Add the tomato paste and cook for 1 minute. Add the rice and toss until coated in the spice/meat mixture.
5. Pour in the boiling stock and coconut milk. Season with salt. Put on the lid and transfer to the oven for 18 minutes or until the rice is cooked through and the liquid has been absorbed.
6. Remove from the oven and stir through the kale leaves and chopped coriander. Share between individual serving bowls.