

Indian Lamb Biryani With Eggs



Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 13 October 2023

Categories: Dinner Recipes

Tender lamb and perfectly boiled eggs meet aromatic spices and fragrant rice. It's a symphony of rich flavours and textures that'll transport you straight to comfort. Grab all the steps below.



Ingredients

- 2 Tbsp oil
- 2 large onions, thinly sliced
- 500g lamb mince
- 2 cloves garlic, crushed
- ½ cup medium curry paste (korma, rogan josh or madras)
- ½ cup stock or water

- 5 eggs
- 2 x 250g sachet microwave basmati rice
- 2 Tbsp toasted flaked almonds (optional)
- 30g salted butter, melted
- Mint leaves, to garnish
- Yoghurt raita and fried paratha bread, to serve

Method

1. Heat oil in a large, non-stick frying pan over medium-high heat. Add the onions and cook for 6-8 minutes, stirring occasionally until the onions are golden brown. Remove half the onions and set aside.
2. Add mince and garlic. Cook breaking up the lumps until browned and crumbly. Add curry paste and mix well. Stir in water and simmer for 5 minutes or until sauce has reduced a little.
3. In the meantime, place the eggs in a small saucepan. Just cover with cold water and bring to the boil. Cook for 5 mins. Drain the eggs, rinse in cold water and peel. Make three shallow cuts into one side of each egg. Set aside.
4. Cook microwave rice according to packet instructions. Spoon over the top of the lamb curry. Snuggle eggs into the rice.
5. Scatter over almonds and reserved onions. Pour over melted butter and cover with a lid. Heat over low heat until warmed through.
6. Garnish with mint. Serve immediately from the pan with yoghurt raita and paratha.

Notes

- Substitute lamb with beef mince or replace mix with vegetables such as zucchini, broccoli and sweet potato.
- **Slow Cooker Method**
 - Combine half the onions, mince, garlic, curry paste and water in a slow cooker and mix well.
 - Select LOW 3hrs/ HIGH 1 ½ hours. Break up the mince every 30 minutes.
 - Add the rice, eggs, almonds, and butter in the last 30 minutes of cooking.
 - Serve topped with coriander.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
480g	2920kJ 698kcal	39.3g	40g	13.6g	42.6g	7.6g	819mg	5.5g	9µg

All nutrition values are per serve.