Dinner

Fragrant layered lamb and saffron rice

Cubed lamb simmered with whole spices is layered with cooked basmati rice, saffron infused water and deeply browned onions, then baked gently until the layers settle together.



Gluten free | Low fat | Low sugar

90 min	538	69.3 g	7.9 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 tbsp oil
- [ ] 4 onions, sliced
- [ ] 750 g boneless leg of lamb, cubed
- [ ] 4 cloves garlic, crushed
- [ ] 1.5 tsp fresh ginger, peeled and grated
- [ ] 1 stick cinnamon
- [ ] 3 cardamom pods
- [ ] 8 cloves
- [ ] 8 black peppercorns
- [ ] 1 tbsp chilli powder
- [ ] 1 tbsp ground coriander
- [ ] 1 x 150g tub low-fat natural yogurt
- [ ] half tsp saffron, soaked in 3 tbsp boiling water
- [ ] 450 g basmati rice, cooked according to pack instructions

Nutrition Facts

Per serving

Calories	538
Total fat	12.9 g
Saturated fat	4.9 g
Sodium	Not listed
Total carbs	69.3 g
Fiber	3.9 g
Total sugars	7.9 g
Protein	34.1 g

Method

- [ ] **1** Start by warming 1 tbsp oil in a large pan and frying the sliced onions in it for 3-4 minutes, until they take on a light golden colour. Scoop out a quarter of the onions and keep them to one side.
- [ ] **2** Add the cubed boneless leg of lamb to the pan along with the crushed garlic, grated fresh ginger, cinnamon stick, cardamom pods, whole cloves and black peppercorns, and let everything fry for 8-10 minutes until the meat is lightly browned on every side.
- [ ] **3** Blend the chilli powder and ground coriander with a splash of boiling water, tip this into the lamb, then clamp a lid on the pan and keep the heat low so the meat cooks gently for 40-45 minutes, by which time it should be tender.
- [ ] **4** Meanwhile turn the oven on to 150C/gas 2. Work the low-fat natural yogurt into the lamb, and in a separate pan fry the reserved onions for 5-6 minutes until deep brown.
- [ ] **5** Build the biryani in a heavy casserole dish. Cover the base with a third of the cooked basmati rice and trickle over a little of the saffron made by soaking half tsp saffron in 3 tbsp boiling water. Half of the spiced lamb goes on next, followed by another third of rice with more saffron liquid, then the rest of the lamb. End with the last of the rice and the final drizzle of saffron water, press everything down gently and scatter the browned onions over the top.
- [ ] **6** Fit a tight lid on the dish and bake for 10 minutes. Bring it out of the oven and serve.

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