



Low carb chicken biriyani

Biriyani, usually a higher carbohydrate meal, gets a do-over when we substitute in cauliflower for the rice. The lentils remain, though the quantity is less, so the dish soaks up the curry and coconut flavours. To reduce calories and fat content, swap the wings for chicken thigh. Easy to make and plenty for leftovers. Serves 6. Per serve: Cal: 621; Fat: 47.9g; Pro: 33.7g; Carbs: 12.2g

Serves: 6, Prep time: 00:20, Cook time: 00:30

Instructions

Toss chicken wings in 2 tbsp olive oil and curry powder and season with salt. Pop in fridge for at least a couple of hours.

Finely chop onion and ginger and rice the cauliflower.

Heat 2 tbsp olive oil in large oven proof fry pan and sear off the chicken wings so they are golden on the outside. Remove from heat and set aside.

Preheat oven to 180 degrees.

Pan fry the ginger and onion until soft, adding the frozen spinach. Add 2 tbsp of the curry paste and combine well. Add the can of coconut milk and cup of Campbell's stock, mixing well. Add the cauliflower rice and lentils, mixing well before adding the chicken wings back in evenly.

Cover the fry pan and place in oven for 30 minutes or until cooked.

Serve with steamed greens on the side.

Ingredients

- 1 kilograms Chicken wings
- 2 tablespoon Curry powder, Mild
- 1 teaspoon Salt, Himalayan
- 4 tablespoon Extra virgin olive oil
- thumb Ginger, Fresh
- 1 Onion, Large
- 0.5 Cauliflower, medium
- 1 cups Frozen spinach
- 400 milliliters Coconut milk (canned, preservative free)
- 2 tablespoon Red curry paste
- 250 milliliters Campbell's Real Chicken stock
- 0.5 cups Red lentils