

Vegetarian or Chicken Biryani
(Leave out chicken for vegetarian recipe)

Original recipe	Healthier recipe
<ul style="list-style-type: none"> • 6 medium onion • 4 garlic clove • 2 inches fresh ginger • 10 whole cloves • 20 whole black peppercorn • 8 whole cardamom pod • 0.25 teaspoon ground cinnamon • 1 teaspoon ground coriander • 1 teaspoon ground cumin • 1 teaspoon poppy seeds • 0.25 teaspoon ground mace • 4.50 teaspoons salt • 3 tablespoons lemon juice • 8 ounces natural yoghurt (226g) • 8 tablespoons vegetable oil • 2 bay leaf • 4 large black cardamom pod • 2 lbs. chicken leg • 1 to taste chicken breasts • 2 tablespoons milk • 2 cups long grain rice • 2 tablespoons blanched almond 	<ul style="list-style-type: none"> • 6 medium onion • 4 garlic clove • 2 inches fresh ginger • 10 whole cloves • 20 whole black peppercorn • 8 whole cardamom pod • 0.25 teaspoon ground cinnamon • 1 teaspoon ground coriander • 1 teaspoon ground cumin • 1 teaspoon poppy seeds • 0.25 teaspoon ground mace • A sprinkle of salt • 3 tablespoons lemon juice • 1 pot (170g) of low fat natural yoghurt • 2 tablespoons vegetable oil • 2 bay leaf • 4 large black cardamom pod • 2 lbs. skinless leg • 1 to taste chicken breasts • 2 tablespoons skimmed milk • 2 cups long grain rice • 2 tablespoons blanched almond

Full fat yogurt: 163 calories, saturated fat: 6.12g
vs.
Low fat yogurt: 97 calories, saturated fat: 0g

One tablespoon of olive oil: 120 calories, saturated fat: 1.8g
vs.
One tablespoon of ghee: 112 calories, saturated fat 8g

Click here for the method for this recipe and for more recipes, from:

<http://www.foodnetwork.co.uk/recipes/madhur-jaffrey-chicken-biryani-ru327150.html>