

Biryani Rice with Meatballs in Creamy Tomato Sauce

Serves 4



Ingredients

For Biryani Rice

1 cup rice, preferably basmati rice (mix of brown + white) but any long grained rice works too
2 cups vegetables (cauliflower, peas, french beans, onions), cut into small chunks
2 tsp biryani masala
½ cup curd*
1 tsp ginger, blended to a paste
1 tsp garlic, blended to a paste
1 bayleaf
1 cinnamon stick
2 tsp salt
1 tbsp Healthier Choice Symbol (HCS) oil

For Meatballs

200 g minced beef
250 g minced pork
¾ cup fine almond flour
1 onion, diced
2 eggs
2 garlic cloves, minced
1 tsp biryani masala
½ tsp salt

For Creamy Tomato Sauce

1 tbsp HCS oil
1 tbsp butter
3 onions, sliced
4 fresh tomatoes
50 g water
1 tsp garlic, blended to a paste
1 tsp ginger, blended to a paste
7 green cardamom
3-4 strands mace (optional)
1 tsp dried fenugreek leaves
1 tsp red chili powder
1 curd*
1 tsp salt (as needed)
1 tsp honey (as needed)

*Curd can be obtained by draining whey off yogurt. Alternatively, yoghurt can be used but may make the biryani slightly sour.



**Preparation method
on the next page**

Semi-finalist



Courtesy of Chen Huling and Wong Swee Hwa

“People usually don’t like whole grain rice as they find the texture particularly gritty, so I decided to make a vegetable briyani with it which goes quite decent with whole grain rice.”



Preparation

For Briyani Rice

1. Wash rice and add water in rice cooker according to packaging instructions.
2. Add bayleaf, cinnamon stick and salt.
3. While rice is cooking, add oil to a pan and sauté garlic, ginger paste and briyani spices.
4. Add vegetables and continue to sauté for about 5 minutes or until vegetables are tender.
5. Turn off heat, add curd, mix, then pour into rice cooker and mix.
6. Cook rice.

For Meatballs

1. Mix all the ingredients and shape them into meatballs.
2. Bake in oven for 10-15 minutes or until browned.

For Creamy Tomato Sauce

1. Heat oil and butter in saucepan, and sauté cardamom, mace and onions until the onions are translucent.
2. Add garlic and ginger paste, and continue to sauté for 2 minutes.
3. Pour the ingredients from the saucepan into the blender, add the tomatoes and water and blend.
4. Pour the blended paste back into the saucepan and add chili, curd and fenugreek leaves.
5. Add salt if needed. Add honey if the sauce is too tart.
6. Add meatballs into sauce and let it simmer until ready to eat.

Serve meatballs in creamy tomato sauce with briyani rice.



