



# Shrimp biryani

40'  
Hands on

30'  
Cook Time

2-4  
Portion(s)

2  
Difficulty



## Method

### For the shrimps

- Remove the head and the shells of the shrimps and keep their tail on.
- Cut the shrimps lightly in half (making sure you do not separate them) like a butterfly, and add them into a bowl.
- Set the shells and the heads aside until needed.
- In a [bowl](#) add the yogurt, turmeric, salt, cayenne pepper, fennel leaves, ginger, lemon zest and juice, mint, and mix with a spoon.
- Pour the marinade into the bowl with the shrimps and mix until they are completely coated.
- Cover the bowl with plastic wrap and refrigerate it for 30 minutes to marinate the shrimps.
- Heat the olive oil in a [frying pan](#) over medium heat and sauté the shrimps for 1 minute on both sides, until they are golden.
- Remove the shrimps from the pan and set them aside until needed.

### For the rice

- Finely chop one onion.
- Heat 2 tablespoons of the olive oil in a [pot](#) over medium heat and sauté the onion.
- Add the shells and the heads of the shrimps into the pan and sauté them for 2 minutes until golden.
- Add the turmeric, salt, pepper, and sauté for another minute.
- Add the water and let the stock boil for 10 minutes.
- Strain the stock into a bowl, pour it into a clean pot over medium heat, and let it come to a boil.
- Add the rice and simmer -with the lid on- for 15 minutes, until the rice is boiled, while stirring occasionally with a serving spoon.
- Cut the other onion into slices.
- Add 1 tablespoon of olive oil into a frying pan over low heat, then add the onion into slices and sauté it for 2-3 minutes until golden.
- Remove the pan from the heat, add the sauteed onion into the pot with the rice, and mix with the serving spoon.

### To serve

- Serve the rice with the shrimps, garnish with the yogurt, and sprinkle with chili flakes and coriander leaves.

## Ingredients

### For the shrimps

- 500 g shrimps, colossal
- 150 g strained yogurt
- 1 teaspoon(s) turmeric
- salt
- 1/4 teaspoon(s) cayenne pepper
- 1 teaspoon(s) fennel leaves, powder
- 1 teaspoon(s) ginger, grated
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon
- 1 tablespoon(s) mint leaves, finely chopped
- 3 tablespoon(s) olive oil

### For the rice

- 2 onions
- 3 tablespoon(s) olive oil
- 1 tablespoon(s) turmeric
- salt
- pepper
- 800 g water
- 250 g basmati rice

### To serve

- 100 g strained yogurt
- 1 pinch chili flakes
- coriander leaves

## Διατροφικός πίνακας

### Nutrition information per portion

498 Calories (kcal)	15.0 Total Fat (g)	3.6 Saturated Fat (g)	57.0 Total Carbs (g)
25%	21%	18%	22%
6.4 Sugars (g)	32.0 Protein (g)	3.2 Fibre (g)	1.5 Sodium (g)
7%	64%	13%	25%