



QUICK GRUB

GARBANZO

BIRYANI IN A BOX



Biryani in a box is layered, cooked, and eaten straight of it. It is packed with flavours, protein and so much more. It can be packed to work, or can be prepped for meals.



PANTRY SUPPLIES

- 1 cup cooked Chickpeas
- 1 tsp Chili powder
- 1/2 tsp Garam masala
- 1 tsp Green chili paste
- 1/4 tsp Shahi Jeera
- 1 cup chopped Mint
- 1 cup chopped Cilantro
- 1/2 cup fried Onions
- 1 tbsp Coconut oil
- 1 tsp Ginger garlic paste
- 1 cup Coconut milk
- 2 Green chillies
- Pinch Turmeric powder
- Salt to Taste
- 2 cups 70% cooked Basmati Rice



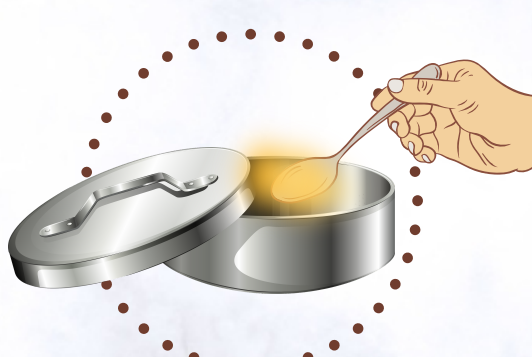
STEP 1

Preheat the Airfryer at 400°F.



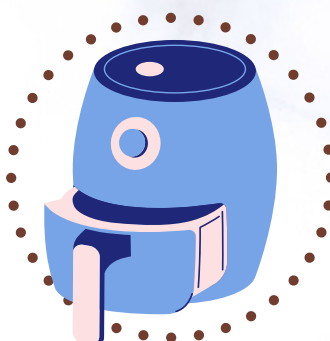
STEP 2

Marinade the chickpeas with all the pantry supplies except rice, Keep aside a quarter of the marination without chickpeas.



STEP 3

In the oven safe Steel container, layer the rice and marination, and add the marinated chickpeas on top with some fried onions and close the lid.(biryani box)



STEP 3

Place the Biryani box in the airfryer, set the temp to 360°F for first 5 mins, later set it to 300°F for 10 mins.



STEP 4

Turn off the Airfryer and rest the Biryani box in the airfryer for 5 more min. Take it out carefully. It is ready to eat or be a part of your meal preps.



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