

Providing compassionate care and hope to people facing cancer

Sheet Pan Shrimp Biryani: Fall 2025 BW 1

Ingredients

Shrimp and Rice:

3 large shallots, chopped
3 large carrots, 1 inch pieces
1 yellow onion, 1 inch pieces
6 Tablespoons olive oil
1 pound small 30 count shrimp
2 teaspoons fresh ginger, finely grated
1 teaspoon Herb De Provence
½ teaspoon black pepper
2 cloves of garlic, chopped
1 teaspoon garam masala
½ teaspoon paprika
4, 8.8 oz packages of microwaveable basmati rice
1 cup fresh cilantro, chopped

Toppings:

1 cup plain yogurt with ½ teaspoon cumin
½ cup roasted cashew pieces

Instructions

1. Put a rimmed baking sheet in the upper third of the oven; preheat to 425 degrees F. Add the shallots, drizzle with 1 tablespoon olive oil and season with Herb de Provence ; spread in a single layer. Roast until softened and starting to brown, 5 to 7 minutes. In another pan, line with parchment, roast carrots and onions in the same 425 degree oven for 15-20 minutes until fork tender.
2. Combine the remaining 2 tablespoons olive oil, ginger, garlic, curry powder and garam masala in a separate large bowl. Add the spiced olive oil to the shrimp; add the paprika, and toss. Add the rice, and 1/2 cup herbs to the remaining 3 Tbsp. olive oil; toss.
3. Add the shrimp to the baking sheet with the shallots and spread in a single layer. Top with the rice mixture in an even layer and drizzle with 1/4 cup water. Cover the pan tightly with foil and bake until the rice is steamy and shrimp are cooked through, 16 to 18 minutes.
4. Stir the shrimp and rice together with a fork. Season with black pepper and stir in the remaining 1/2 cup herbs. Top each serving with yogurt mixed with cumin and add cashews.

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Nutrition Tip

Biryani is a flavorful Indian dish made easy with this sheet pan version that combines aromatic spices like curry and garam masala, both of which offer health benefits. Garam masala aids in digestion, while curry is great for heart health. Other fresh herbs and spices enhance the dish with added antioxidants and nutrients. This dish is a perfect example of how spices and fresh ingredients can boost both flavor and wellness.