



Indian Haloumi & Veggie Biryani

with Roasted Cashews & Currants

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Courgette



Garlic



Onion



Bengal Curry Paste



Mumbai Spice Blend



Basmati Rice



Currants



Vegetable Stock Powder



Haloumi/Grill Cheese



Mild North Indian Spice Blend



Baby Spinach Leaves



Greek-Style Yoghurt



Crushed Roasted Cashews



Diced Chicken

Recipe Update

Unfortunately, this week's baby broccoli was in short supply, so we've replaced it with courgette. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

Forget what you think you know about biryani - this veggie version, using haloumi instead of lamb, just goes to show that rules are made to be broken! It's sweet, spicy, satisfying and just the thing to warm you up on a chilly night.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
garlic	2 cloves	4 cloves
onion	½	1
Bengal curry paste	1 packet (50g)	1 packet (100g)
Mumbai spice blend	1 sachet	2 sachets
basmati rice	1 packet	1 packet
currants	1 medium packet	1 large packet
water*	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
haloumi/ grill cheese	1 packet	2 packets
mild North Indian spice blend	1 sachet	1 sachet
baby spinach leaves	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
crushed roasted cashews	1 packet	2 packets
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3790kJ (906Cal)	815kJ (195Cal)
Protein (g)	37.5g	8.1g
Fat, total (g)	40.5g	8.7g
- saturated (g)	18.2g	3.9g
Carbohydrate (g)	100.6g	21.6g
- sugars (g)	21.1g	4.5g
Sodium (mg)	2096mg	451mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4447kJ (1063Cal)	723kJ (173Cal)
Protein (g)	71g	11.5g
Fat, total (g)	42.9g	7g
- saturated (g)	19g	3.1g
Carbohydrate (g)	100.6g	16.4g
- sugars (g)	21.1g	3.4g
Sodium (mg)	2157mg	351mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Thinly slice **carrot** and **courgette** into rounds.
- Finely chop **garlic**. Thinly slice **onion** (see ingredients).



Cook the haloumi

- While the rice is cooking, cut **haloumi** into 2cm cubes.
- In a medium bowl, combine **mild North Indian spice blend** and a drizzle of **olive oil**. Add **haloumi** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **haloumi**, tossing, until browned, **3-4 minutes**. Season to taste, then transfer to a plate.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **courgette**, tossing, until tender, **5-6 minutes**. Set aside.

Custom Recipe: If you've added diced chicken to your meal, cook chicken along with the veggies until browned and cooked through, 5-6 minutes.



Start the biryani

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **2-3 minutes**.
- SPICY!** This is a mild curry paste, but use less if you're sensitive to heat! Add **Bengal curry paste**, **Mumbai spice blend** and **garlic** and cook until fragrant, **1 minute**.



Finish the biryani

- When the rice is done, add **baby spinach leaves** and **veggies** to the **biryani** and stir until the spinach is just wilted.
- Gently stir through the spiced **haloumi**. Season to taste.



Add the rice

- Add the **basmati rice** and **currants** to the pan and stir to coat.
- Add the **water** and **vegetable stock powder**. Stir, then bring to the boil.
- Cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Serve up

- Divide Indian-spiced haloumi and veggie biryani between bowls.
- Dollop with **Greek-style yoghurt**. Garnish with **crushed roasted cashews** to serve. Enjoy!

Rate your recipe

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