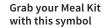


# Indian Haloumi & Veggie Biryani

with Roasted Cashews & Currants

CLIMATE SUPERSTAR















Bengal Curry





Basmati Rice



Currants



Vegetable Stock



Powder



Haloumi/ Grill Cheese



Mild North Indian Spice Blend





Greek-Style Yoghurt







Cashews



**Pantry items** 

Olive Oil



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



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.

### 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

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
courgette	1	2		
garlic	2 cloves	4 cloves		
onion	1/2	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		

<sup>\*</sup>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)	<b>723kJ</b> (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

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# Get prepped

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



# 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.



### 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!



### 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.



# 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.



# Serve up

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



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