



Roasted Cauliflower Bengali Biryani

with Currants & Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Onion



Carrot



Garlic



Bengal Curry Paste



Mumbai Spice Blend



Chilli Flakes (Optional)



Basmati Rice



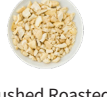
Currants



Vegetable Stock Powder



Coriander



Crushed Roasted Cashews



Baby Spinach Leaves



Greek-Style Yoghurt



Chicken Breast

Prep in: 25-35 mins



Eat Me Early*

Ready in: 40-50 mins

*Custom Recipe only



Calorie Smart*

*Custom Recipe is not Calorie Smart

Curry on rice is all well and good, but when the rice itself is cooked with the curry paste? Now that's magical. Studded with sweet currants, refreshing herbs and roasted cauliflower, this dish packs flavour in every bite.

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

Oven tray lined with baking paper · Large frying pan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
onion	½ (medium)	1 (medium)
carrot	1	2
garlic	1 clove	2 cloves
Bengal curry paste	1 packet (50g)	1 packet (100g)
Mumbai spice blend	1 sachet	2 sachets
chilli flakes  (optional)	pinch	pinch
basmati rice	1 packet	1 packet
currants	1 medium packet	1 large packet
warm water*	1½ cups	3 cups
vegetable stock powder	1 medium packet	1 large packet
coriander	1 bag	1 bag
crushed roasted cashews	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2604kJ (622Cal)	510kJ (122Cal)
Protein (g)	17.4g	3.4g
Fat, total (g)	17.8g	3.5g
- saturated (g)	4.6g	0.9g
Carbohydrate (g)	98.7g	19.3g
- sugars (g)	21.2g	4.1g
Sodium (mg)	1071mg	210mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3364kJ (804Cal)	501kJ (120Cal)
Protein (g)	49.8g	7.4g
Fat, total (g)	23.5g	3.5g
- saturated (g)	6.2g	0.9g
Carbohydrate (g)	98.7g	14.7g
- sugars (g)	21.2g	3.2g
Sodium (mg)	1169mg	174mg

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



2023 | CW30



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets. Thinly slice **onion** (see ingredients). Thinly slice **carrot** into rounds. Finely chop **garlic**.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.



Add the rice & currants

- Add **basmati rice** and **currants** to the frying pan and stir to coat. Add the **warm water** (1½ cups for 2 people / 3 cups for 4 people) and **vegetable stock powder**, stir to dissolve, then bring to the boil.
- Cover with a lid and reduce heat to medium-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!



Roast the cauliflower

- Place **cauliflower** on a lined oven tray.
- Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender and brown around the edges, **20-25 minutes**.



Finish the biryani

- While the rice is cooking, roughly chop **coriander** (reserve some leaves for garnish!).
- When the rice is done, gently stir through chopped **coriander**, **crushed roasted cashews**, **baby spinach leaves** and roasted **cauliflower**. Season to taste.



Start the biryani

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion** and **carrot**, stirring, until softened, **5 minutes**.
- **SPICY!** This is a mild curry paste, but use less if you're sensitive to heat! Add another drizzle of **olive oil**, the **Bengal curry paste**, **garlic**, **Mumbai spice blend** and a pinch of **chilli flakes** (if using) and cook, stirring, until fragrant, **1 minute**.

Custom Recipe: Cook the chicken with onion and carrot, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.



Serve up

- Divide roast cauliflower Bengali biryani between bowls.
- Dollop with **Greek-style yoghurt**.
- Garnish with reserved coriander to serve. Enjoy!

Rate your recipe

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