



# Indian Eggplant & Courgette Biryani

with Yoghurt & Mint

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Eggplant



Courgette



Garlic



Mild North Indian Spice Blend



Mild Curry Paste



Mumbai Spice Blend



Basmati Rice



Vegetable Stock Powder



Baby Spinach Leaves



Greek-Style Yoghurt



Mint



Chicken Breast

### Recipe Update

We've replaced the green beans in this recipe with courgette due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins  
Ready in: 35-45 mins



Calorie Smart<sup>^</sup>

<sup>^</sup>Custom Recipe is not Calorie Smart



Eat Me Early\*

\*Custom Recipe only

A veggie-fied biryani sounds like just the thing to finish off the day and there's no veggie around that can beat roasted eggplant. Don't tell the other biryani's out there, but this one is our new favourite!

**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 saucepan (or deep frying pan) with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
eggplant	1	2
courgette	1	2
garlic	2 cloves	4 cloves
mild North Indian spice blend	1 medium sachet	1 large sachet
mild curry paste	½ packet	1 packet
Mumbai spice blend	1 medium sachet	2 medium sachets
basmati rice	1 packet	1 packet
<b>water*</b>	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
mint	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2023kJ (483Cal)	496kJ (118Cal)
Protein (g)	14.1g	3.5g
Fat, total (g)	11.3g	2.8g
- saturated (g)	2.5g	0.6g
Carbohydrate (g)	86.1g	21.1g
- sugars (g)	15.4g	3.8g
Sodium (mg)	1240mg	304mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2768kJ (661Cal)	488kJ (116Cal)
Protein (g)	47.2g	8.3g
Fat, total (g)	16.5g	2.9g
- saturated (g)	4g	0.7g
Carbohydrate (g)	86.9g	15.3g
- sugars (g)	15.4g	2.7g
Sodium (mg)	1340mg	236mg

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](https://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

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **eggplant** into halves lengthways, then deeply score the flesh to make a criss-cross pattern.
- Slice **courgette** into half moons. Finely chop **garlic**.

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



## Add the rice

- Add **basmati rice** 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 the 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 eggplant

- In a medium bowl, combine **mild North Indian spice blend** and a generous drizzle of **olive oil**. Add **eggplant** to the bowl and rub with **spice mixture**.
- Place **eggplant** on a lined oven tray. Drizzle with more **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Finish the biryani

- When the rice is cooked, add **baby spinach leaves** and return **courgette** to the pan, then stir until spinach is just wilted. Season to taste.
- Custom Recipe:** When the rice is done, stir through the cooked chicken along with the veggies.



## Start the biryani

- In a large saucepan (or deep frying pan), heat a drizzle of **olive oil** over medium-high heat. Add **courgette** and cook until tender, **4-5 minutes**. Transfer to a plate.
- **SPICY!** This is a mild curry paste, but use less if you're sensitive to heat! Return the pan to medium-high heat with a drizzle of **olive oil**. Add **mild curry paste (see ingredients)**, **Mumbai spice blend** and **garlic** and cook until fragrant, **1 minute**.

**Custom Recipe:** Heat the pan and oil as above. When oil is hot, cook chicken before the courgette, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate. Continue with step.



## Serve up

- Divide courgette biryani between bowls.
- Top with Indian eggplant.
- Dollop with **Greek-style yoghurt**. Tear over **mint** to garnish. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)