



Easy Oven-Baked Mumbai Beef Biryani

with Flaked Almonds & Yoghurt

Grab your Meal Kit with this symbol



Beef Mince



Garlic Paste



Baby Broccoli



Carrot



Flaked Almonds



Basmati Rice



Mumbai Spice Blend



Mild North Indian Spice Blend



Beef-Style Stock Powder



Baby Spinach Leaves



Greek-Style Yoghurt



Plant-Based Mince

Prep in: **15-25 mins**
Ready in: **40-50 mins**

Prepare your tastebuds for a magical journey with this hearty beef biryani. The deep Mumbai spice blend infused into the basmati rice is beautifully complemented by a cooling yoghurt and a scattering of flaked almonds. Loaded with these rich tastes of India, the whole family will be transported to a world of flavour!

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 frying pan · Medium or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 small packet	2 small packets OR 1 large packet
garlic paste	1 medium packet	1 large packet
baby broccoli	½ bag	1 bag
carrot	1	2
flaked almonds	1 packet	2 packets
basmati rice	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 sachet	1 sachet
beef-style stock powder	1 medium sachet	1 large sachet
boiling water*	1½ cups	3 cups
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	2 medium packets
plant-based mince**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3050kJ (729Cal)	735kJ (176Cal)
Protein (g)	41.7g	10g
Fat, total (g)	23.5g	5.7g
- saturated (g)	9.6g	2.3g
Carbohydrate (g)	84.5g	20.4g
- sugars (g)	10.8g	2.6g
Sodium (mg)	1397mg	336mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2858kJ (683Cal)	732kJ (175Cal)
Protein (g)	33.1g	8.5g
Fat, total (g)	19.3g	4.9g
- saturated (g)	3.1g	0.8g
Carbohydrate (g)	91.3g	23.4g
- sugars (g)	12g	3.1g
Sodium (mg)	2091mg	536mg

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

2024 | CW07



1



Start the biryani

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Transfer **beef mixture** to a baking dish.

TIP: Cover the pan with a lid if the garlic paste starts to spatter!

Custom Recipe: If you've swapped from beef to plant-based mince, cook plant-based mince, breaking up with a spoon, until just browned, 4-5 minutes. Continue as above.

3



Finish the biryani

- Add **basmati rice**, **Mumbai spice blend**, **mild North Indian spice blend**, **beef-style stock powder** and the **boiling water** (1 ½ cups for 2 people / 3 cups for 4 people) to the baking dish. Stir to combine.
- Cover tightly with foil, then bake until rice is cooked and liquid is absorbed, **25-30 minutes**.
- Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** until tender, **5-6 minutes**.
- When the biryani is done, add **roasted carrot**, **baby broccoli** and **baby spinach leaves** to the baking dish. Stir to combine and season with **salt** and **pepper**.

2



Roast the carrot

- Meanwhile, cut **baby broccoli** (see ingredients) into thirds. Cut **carrot** into bite-sized chunks.
- Place **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- When the carrot has **2 minutes** remaining, add **flaked almonds** to the oven tray and toast until golden.

4



Serve up

- Divide oven-baked Mumbai beef biryani between bowls.
- Top with **Greek-style yoghurt**. Sprinkle over toasted almonds to serve. Enjoy!

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