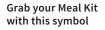


Bengali Roast Pumpkin & Currant Biryani with Yoghurt & Flaked Almonds

NEW

CLIMATE SUPERSTAR











Green Beans



Peeled Pumpkin



Pieces







Blend





Currants

Jasmine Rice



Vegetable Stock



Baby Leaves

Powder



Greek-Style Yoghurt



Prep in: 25-35 mins Ready in: 35-45 mins This biryani is packed full of flavours and colours, with green beans, currants, and roasted pumpkin all contributing to the rainbow! Like a hug in a bowl, this warming dish is the perfect comforting meal.



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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
peeled pumpkin pieces	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets
Bengal curry paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
jasmine rice	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
water*	1½ cups	2¾ cups
vegetable stock powder	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
Greek-style yoghurt**	1 medium packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2265kJ (541Cal)	463kJ (111Cal)
Protein (g)	16.6g	3.4g
Fat, total (g)	8.3g	1.7g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	97g	19.8g
- sugars (g)	23.7g	4.8g
Sodium (mg)	945mg	193mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2448kJ (585Cal)	454kJ (109Cal)
Protein (g)	19.5g	3.6g
Fat, total (g)	10.6g	2g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	103.3g	19.1g
- sugars (g)	26.6g	4.9g
Sodium (mg)	973mg	180mg

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 | CW15



Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Trim green beans and slice into thirds.
- Finely chop garlic.



Roast the pumpkin

- Place peeled pumpkin pieces on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender, 20-25 minutes.
- In the last 5 minutes of roast time, place flaked almonds on the side of the tray and toast until golden, 5 minutes.



Start the biryani

- In a large saucepan, heat a drizzle of olive oil over medium-high heat. Cook green beans, stirring, until softened, 4-5 minutes. Transfer to a plate.
- SPICY! This is a mild curry paste, but use less if you're sensitive to heat! Return saucepan to medium-high heat with a drizzle of olive oil. Add Bengal curry paste, Mumbai spice blend and garlic and cook until fragrant, 1 minute.



Add the rice

- Add the jasmine 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 medium-low. Cook for 12 minutes, then remove pan from the heat and keep covered until rice is tender and water is absorbed, 15 minutes.

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



Finish the biryani

 When the rice is done, add baby leaves and green beans to the pilaf and stir until leaves are just wilted. Season to taste.



Serve up

- Divide Bengali veggie biryani between bowls.
- Top with roasted pumpkin.
- Dollop with **Greek-style yoghurt**. Garnish with almonds to serve. Enjoy!

Custom Recipe: If you've doubled your Greekstyle yoghurt, follow instructions as above.



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