



# 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)



Jasmine Rice



Currants



Vegetable Stock Powder



Coriander



Crushed Roasted Cashews



Baby Leaves



Greek-Style Yoghurt



Chicken Breast

Prep in: 25-35 mins  
Ready in: 40-50 mins

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

Eat Me Early\*  
\*Custom Recipe only

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 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
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 large portion	2 large portions
onion	½	1
carrot	1	2
garlic	1 clove	2 cloves
Bengal curry paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
chilli flakes  (optional)	pinch	pinch
jasmine rice	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
<b>warm water*</b>	1¼ cups	2½ cups
vegetable stock powder	1 medium sachet	1 large sachet
coriander	1 packet	1 packet
crushed roasted cashews	1 medium packet	2 medium packets
baby leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2653kJ (634Cal)	493kJ (118Cal)
Protein (g)	17.7g	3.3g
Fat, total (g)	17.9g	3.3g
- saturated (g)	4.6g	0.9g
Carbohydrate (g)	101.1g	18.8g
- sugars (g)	20.6g	3.8g
Sodium (mg)	1073mg	199mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3425kJ (819Cal)	478kJ (114Cal)
Protein (g)	56.6g	7.9g
Fat, total (g)	21.1g	2.9g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	102.1g	14.3g
- sugars (g)	20.7g	2.9g
Sodium (mg)	1208mg	169mg

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://www.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 | CW16



## 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, cut chicken into 2cm chunks.



## Add the rice & currants

- Add **jasmine rice** and **currants** to the frying pan and stir to coat. Add the **warm water** (1¼ cups for 2 people / 2½ 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 **12 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10-15 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 for garnish!).
- When the rice is done, gently stir through **coriander**, **crushed roasted cashews**, **baby 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 chicken with the veggies, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue with step as above.



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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