

Indian Haloumi & Veggie Biryani

with Roasted Cashews & Coriander

Grab your meal kit with this number

25



Recipe Update

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



Carrot



Cauliflower



Garlic



Onion



Bengal Curry Paste



Mumbai Spice Blend



Jasmine Rice



Vegetable Stock Powder



Haloumi/Grill Cheese



Mild North Indian Spice Blend



Baby Leaves



Greek-Style Yoghurt



Crushed Roasted Cashews



Coriander



Chicken Breast



Chicken Thigh

Prep in: 30-40 mins
Ready in: 35-45 mins

Forget what you think you know about biryani - this veggie version, using haloumi instead of lamb, just goes to show that rules are made to be broken! It's sweet, spicy, satisfying and just the thing to make you smile.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cauliflower	1 medium portion	1 large portion
garlic	2 cloves	4 cloves
onion	½	1
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
water*	1¼ cups	2½ cups
vegetable stock powder	1 medium sachet	1 large sachet
haloumi/grill cheese	1 packet	2 packets
mild North Indian spice blend	1 medium sachet	1 large sachet
baby leaves	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
crushed roasted cashews	1 medium packet	2 medium packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3836kJ (917Cal)	745kJ (178Cal)
Protein (g)	37.6g	7.3g
Fat, total (g)	41g	8g
- saturated (g)	20.2g	3.9g
Carbohydrate (g)	98.3g	19.1g
- sugars (g)	21.6g	4.2g
Sodium (mg)	2400mg	466mg
Dietary Fibre (g)	11.1g	2.2g

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

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Get prepped

- Thinly slice **carrot** into rounds. Cut **cauliflower** into small florets.
- Finely chop **garlic**. Thinly slice **onion** (see **ingredients**).



Cook the haloumi

- While the rice is cooking, cut **haloumi** into 2cm cubes.
- In a medium bowl, combine **mild North Indian spice blend** and a drizzle of **olive oil**. Add **haloumi** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **haloumi**, tossing, until browned, **3-4 minutes**. Season to taste, then transfer to a plate.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **cauliflower**, tossing, until tender, **5-6 minutes**. Set aside.



Start the biryani

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **2-3 minutes**.
- SPICY!** *This is a mild curry paste, but use less if you're sensitive to heat!* Add **Bengal curry paste**, **Mumbai spice blend** and **garlic** and cook until fragrant, **1 minute**.



Finish the biryani

- When the rice is done, add **baby leaves** and **veggies** to the **biryani** and stir until leaves are just wilted.
- Gently stir through the **spiced haloumi**. Season to taste.



Add the rice

- Add **jasmine 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 **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!*



Serve up

- Divide Indian-spiced haloumi and veggie biryani between bowls.
- Dollop with **Greek-style yoghurt**. Garnish with **crushed roasted cashews** and tear over **coriander leaves** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

