

Indian Beef Biryani & DIY Onion Bhajis

with Homemade Coriander Chutney

SKILL UP

NEW

Grab your meal kit with this number

39



Cauliflower



Carrot



Garlic



Onion



Coriander



Lemon



Beef Mince



Bengal Curry Paste



Ginger Paste



Jasmine Rice



Chicken-Style Stock Powder



Curry Powder



Cornflour



Beef Mince



Pork Mince

Prep in: 20-30 mins
Ready in: 45-55 mins

Protein Rich

Calorie Smart

Time to unleash your inner chef! We're looking for a new challenge, and we think it's the perfect time to try recreating a couple of Indian classics - biryani and onion bhajis. The biryani is deeply flavourful, with Bengal curry paste and punchy ginger paste cooked right into the rice, and beef mince and roast veggies tossed through. Then there's the onion bhajis - these funky-shaped, crispy golden bites are a true joy to eat, and are just as fun to make. Let's get started!

Pantry items

Olive Oil, Plain Flour

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

Oven tray lined with baking paper · Large saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|-----------------------------------|------------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| cauliflower | 1 medium portion | 1 large portion |
| carrot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| onion | 1 | 2 |
| coriander | 1 packet | 1 packet |
| lemon | ½ | 1 |
| beef mince | 1 medium packet | 2 medium packets OR 1 large packet |
| Bengal curry paste | 1 medium packet | 1 large packet |
| ginger paste | 1 medium packet | 1 large packet |
| jasmine rice | 1 medium packet | 1 large packet |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| water* (for the rice) | 2 cups | 4 cups |
| curry powder | 1 sachet | 2 sachets |
| cornflour | 1 packet | 2 packets |
| plain flour* | 1 tbs | 2 tbs |
| water* (for the bhajis) | 2 tbs | ¼ cup |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2611kJ (624cal) | 217kJ (52cal) |
| Protein (g) | 36g | 3g |
| Fat, total (g) | 27.1g | 2.3g |
| - saturated (g) | 9.8g | 0.8g |
| Carbohydrate (g) | 55.9g | 4.6g |
| - sugars (g) | 11.1g | 0.9g |
| Sodium (mg) | 990mg | 82.2mg |
| Dietary Fibre (g) | 10.2g | 0.8g |

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 | CW33



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** (including stalk!) into small florets. Cut **carrot** into bite-size chunks.
- Place **cauliflower** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.



Make the coriander chutney

- While the rice is cooking, using a mortar and pestle, pound **coriander**, the remaining **ginger paste** and a pinch of **sugar** until your preferred consistency.
- Stir in a good squeeze of **lemon juice**, a drizzle of **olive oil** and a splash of **water**. Season with **salt** and **pepper**. Set aside.

TIP: *If you don't have a mortar and pestle, you can combine ingredients in a food processor.*

TIP: *Add a little more water if chutney is too thick.*



Start the biryani

- Meanwhile, finely chop **garlic**. Thinly slice **onion**. Roughly chop **coriander**.
- Slice **lemon** into wedges.
- Heat a large saucepan over high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.

TIP: *Thinly slicing the onion helps bind the onion bhaji!*



Cook the onion bhajis

- In a large bowl, combine **onion**, **curry powder**, **cornflour**, the **plain flour** and the **water (for the bhajis)**.
- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, add heaped tablespoons of **onion mixture**, in batches and flatten with a spatula (2-3 bhajis per person).
- Cook until golden, **3-4 minutes** each side (don't flip too early!). Transfer to a paper-towel lined plate and season with a pinch of **salt**.

TIP: *Add extra olive oil between batches as needed.*



Cook the biryani

- Add **Bengal curry paste**, **garlic** and half of the **ginger paste**, and cook until fragrant, **1 minute**.
- Stir in **jasmine rice**, **chicken-style stock powder** and **water (for the rice)**, then bring to the boil.
- Cover and reduce heat to medium-low. Cook for **15 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **15 minutes**.
- Add **roast veggies** and toss to combine. Season to taste.



Serve up

- Divide Indian beef biryani between bowls then top with DIY onion bhajis.
- Serve with homemade coriander chutney and any remaining lemon wedges. Enjoy!

CUSTOM
OPTIONS

+ DOUBLE BEEF MINCE
Follow method above.

↻ SWAP TO PORK MINCE
Follow method above.

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

