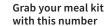


Roasted Cauliflower Bengali Biryani

with Currants & Yoghurt

















Carrot





Bengal Curry Paste



(Optional)



Currants



Jasmine Rice

Vegetable Stock Powder



Coriander



Crushed Peanuts



Baby Leaves



Greek-Style Yoghurt





Pantry items Olive Oil

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



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 frying pan with a lid

Ingredients

2 People	4 People
and Complete and a the continuous	
refer to method	refer to method
1 large portion	2 large portions
1/2	1
1	2
1 clove	2 cloves
1 medium packet	1 large packet
1 sachet	2 sachets
1 pinch	1 pinch
1 medium packet	1 large packet
1 medium packet	2 medium packets
1½ cups	3 cups
1 medium sachet	1 large sachet
1 packet	1 packet
1 packet	2 packets
1 small packet	1 medium packet
1 medium packet	1 large packet
	1 large portion ½ 1 1 clove 1 medium packet 1 sachet 1 pinch 1 medium packet 1 packet 1 packet 1 packet 1 small packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2414kJ (577cal)	213kJ (51cal)
Protein (g)	16.9g	1.5g
Fat, total (g)	13.8g	1.2g
- saturated (g)	2.9g	0.3g
Carbohydrate (g)	92g	8.1g
- sugars (g)	20.6g	1.8g
Sodium (mg)	2300mg	202.7mg
Dietary Fibre (g)	11.9g	1g

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.



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.



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.



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.



Add the rice & currants

- Add jasmine rice and currants to the frying pan and stir to coat.
- Add the warm water (1½ cups for 2 people / 3 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 10 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10 minutes.

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



Finish the biryani

- While the rice is cooking, roughly chop coriander (reserve some for garnish!).
- When the rice is done, gently stir through chopped coriander, crushed peanuts, baby leaves and roasted cauliflower.
- · Season to taste.



Serve up

- Divide roasted cauliflower Bengali biryani between bowls.
- Top with a dollop of Greek-style yoghurt.
- Garnish with reserved coriander to serve. Enjoy!





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



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

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

