

Roasted Cauliflower Bengali Biryani

with Currants & Yoghurt

Grab your meal kit with this number

9



Cauliflower



Onion



Carrot



Garlic



Bengal Curry Paste



Mumbai Spice Blend



Chilli Flakes (Optional)



Jasmine Rice



Currants



Vegetable Stock Powder



Coriander



Crushed Peanuts



Baby Leaves



Greek-Style Yoghurt



Chicken Breast



Chicken Thigh

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

Calorie Smart

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.

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

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

Ingredients

| | 2 People | 4 People |
|------------------------------------------------------------------------------------------------------------|-----------------|------------------|
| olive oil* | 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 sachet | 2 sachets |
| chilli flakes  (optional) | 1 pinch | 1 pinch |
| jasmine rice | 1 medium packet | 1 large packet |
| currants | 1 medium packet | 2 medium packets |
| warm water* | 1½ cups | 3 cups |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| coriander | 1 packet | 1 packet |
| crushed peanuts | 1 packet | 2 packets |
| baby leaves | 1 small packet | 1 medium packet |
| greek-style yoghurt | 1 medium packet | 1 large 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**.



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!



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 chopped **coriander**, **crushed peanuts**, **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**.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

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

+ ADD CHICKEN THIGH

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.

