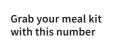


with Currants & Yoghurt

CLIMATE SUPERSTAR











Cauliflower





Carrot





Bengal Curry Paste





Chilli Flakes



(Optional)





Currants

Vegetable Stock Powder





Coriander

Baby Leaves



Greek-Style Yoghurt



Chicken Thigh

Olive Oil



Pantry items



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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
cauliflower	1 large portion	2 large portions	
onion	1/2	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	
basmati 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	
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)	2225kJ (532cal)	440kJ (87cal)
Protein (g)	14.7g	2.9g
Fat, total (g)	8.9g	1.8g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	93g	18.4g
- sugars (g)	20.3g	4g
Sodium (mg)	997mg	197mg
Dietary Fibre (g)	11.9g	2.4g

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 mediumhigh 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, Bengal curry paste, garlic, Mumbai spice blend and a pinch of chilli flakes (if using). Cook, stirring, until fragrant, 1 minute



Add the rice & currants

- Add basmati rice and currants to the frying pan and stir to coat. Add the warm water 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, baby leaves and roasted cauliflower. Season to taste.



Finish & serve

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







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



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

