



Roasted Cauliflower Bengali Biryani with Currants & Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit
with this number

8



Cauliflower



Onion



Carrot



Garlic



Bengal Curry
Paste



Mumbai Spice
Blend



Chilli Flakes
(Optional)



Basmati Rice



Currants



Vegetable Stock
Powder



Coriander



Baby Leaves



Greek-Style
Yoghurt



Chicken
Thigh



Chicken
Breast

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



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
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**.



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!



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



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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

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

+ ADD CHICKEN THIGH

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

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

