

Dinner - Beef & Roasted Cauliflower Biryani

Lunch - Spiced Beef & Mango Chutney Wrap

Grab your Meal Kit with this symbol



Cauliflower



Brown Onion



Garlic



Carrot



Flaked Almonds



Beef Mince



Bengal Curry Paste



Basmati Rice



Currants



Beef Stock



Cucumber



Greek-Style Yoghurt



Coriander

For your lunch



Baby Spinach Leaves



Tomato



Classic Wraps



Mango Chutney

Pantry items

Olive Oil

DINNER
 Hands-on: **40-50 mins**
 Ready in: **45-55 mins**
 Spicy (Bengal curry paste)

LUNCH
 Ready in: **10 mins**

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Prepare your tastebuds for a magical journey with this hearty Bengali beef biryani that's complemented by a cooling cucumber raita and a scattering of sweet currants. Then, pack spiced beef into fresh salad wraps for lunch the next day. Extra delicious!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
brown onion	1	¾
garlic	3 cloves	5 cloves
carrot	2	3
flaked almonds	1 packet	1 packet
beef mince	1 medium packet	1 small packet & 1 medium packet
Bengal curry paste	1 packet (100g)	2 packets (150g)
basmati rice	1 packet	1 packet
currants	1 packet	2 packets
water*	1½ cups	3 cups
beef stock	2 cubes	3 cubes
cucumber	1 (medium)	1 (large)
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bunch	1 bunch
baby spinach leaves	1 bag (60g)	1 bag (120g)
tomato	1	1
classic wraps	4	4
mango chutney	1 packet (50g)	1 packet (50g)

*Pantry Items

Nutrition

Dinner	Per Serving	Per 100g
Avg Qty		
Energy (kJ)	2850kJ (681Cal)	472kJ (113Cal)
Protein (g)	39.9g	6.6g
Fat, total (g)	16.0g	2.7g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	88.1g	14.6g
- sugars (g)	21.3g	3.5g
Sodium (mg)	1220mg	202mg

Lunch	Per Serving	Per 100g
Avg Qty		
Energy (kJ)	2510kJ (599Cal)	558kJ (133Cal)
Protein (g)	35.9g	8.0g
Fat, total (g)	19.4g	4.3g
- saturated (g)	4.7g	1.1g
Carbohydrate (g)	64.5g	14.3g
- sugars (g)	12.4g	2.8g
Sodium (mg)	1560mg	347mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Preheat the oven to **220°C/200°C fan-forced**.

Cut the **cauliflower** into small florets. Thinly slice the **brown onion** (see ingredients). Finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Heat a large saucepan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Make the biryani

Add the **basmati rice** and **currants** to the saucepan and stir to coat. Add the **water** and crumble in the **beef stock** (2 cubes for 2 people / 3 cubes for 4 people). Stir to dissolve the stock, then bring to the boil. Cover with a lid, reduce the heat to medium-low and simmer until the liquid is absorbed and the rice is soft, **15-20 minutes**.

TIP: Add a little extra water if the liquid is absorbed before the rice is done.



Roast the cauliflower

Place the **cauliflower** on a lined oven tray, drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat. Roast until tender and browned around the edges, **20-25 minutes**.



Serve dinner

While the biryani is cooking, very finely chop (or grate) the **cucumber**. In a medium bowl, combine the **cucumber** and **Greek-style yoghurt**, then season. Set aside. Roughly chop the **coriander**. When the **biryani** is done, stir through the roasted **cauliflower**. Set aside a handful of the **baby spinach leaves** for your lunch, then stir through the remaining **baby spinach** through the biryani. Season to taste. Divide the **beef** and **roasted cauliflower biryani** between bowls, then top with the **cucumber raita**, **coriander** and toasted **almonds**.



Cook the beef & veggies

SPICY! The curry paste is hot. Use a little less if you are sensitive to heat. While the cauliflower is roasting, return the saucepan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef mince**, breaking it up with a spoon, until browned, **4-5 minutes**. Reduce the heat to medium-high, then add the **onion** and **carrot** and cook, stirring, until softened, **4 minutes**. Add the **Bengal curry paste** and **garlic** and cook, stirring until fragrant, **2 minutes**. Set aside 2 portions for lunch.



Make lunch

When you're ready to pack lunch, thinly slice the **tomato**. Spread 4 **classic wraps** with the **mango chutney**. Divide the reserved **baby spinach**, **tomato** and **beef** between the wraps. Tuck in the ends and roll into burritos. Wrap in foil or plastic wrap and refrigerate. At lunchtime, remove the wrapping and reheat in a sandwich press or on a plate in the microwave for **30 seconds** bursts until heated to your liking.

Enjoy!