



# Indian Paneer Cheese Biryani

with Toasted Almonds & Greek Yoghurt



Grab your Meal Kit with this symbol



Garlic



Brown Onion



Carrot



Ginger



Bengal Curry Paste



Basmati Rice



Vegetable Stock



Paneer Cheese



Long Green Chilli (Optional)



Slivered Almonds



Mild North Indian Spice Blend




Baby Spinach Leaves



Greek Yoghurt

Hands-on: **25-35 mins**  
Ready in: **40-50 mins**

 Spicy (optional long green chilli)

Tonight, we're bringing you a bowl which is a delight for the senses. If you haven't cooked with delicious paneer cheese (the Indian version of cottage cheese) before, get ready for creaminess that pairs beautifully with big, bold flavours. Tuck into this biryani rice bowl and toast the country from which we draw endless culinary inspiration.

## Pantry items

Olive Oil, Butter



## 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 frying pan · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
carrot	1	2
ginger	1 knob	2 knobs
butter*	20g	40g
Bengal curry paste	1 sachet (100g)	2 sachets (200g)
basmati rice	1 packet	2 packets
water*	3 cups	6 cups
vegetable stock	1 sachet	1 sachet
paneer cheese	1 block	2 blocks
long green chilli (optional)	½	1
slivered almonds	1 packet	2 packets
mild North Indian spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (90g)	1 bag (180g)
Greek yoghurt	1 packet (100g)	1 packet (175g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4490kJ (1070Cal)	841kJ (201Cal)
Protein (g)	44.8g	8.4g
Fat, total (g)	57.6g	10.8g
- saturated (g)	30.3g	5.7g
Carbohydrate (g)	89.2g	16.7g
- sugars (g)	17.2g	3.2g
Sodium (g)	2200mg	411mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Finely chop the **carrot** (unpeeled). Finely grate the **ginger**.

**TIP:** Grate the carrot if you prefer!



## 2. Cook the veggies

In a large frying pan, heat the **butter** and a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook, stirring, until softened, **5 minutes**.



## 3. Add the flavour

Add the **Bengal curry paste**, **garlic** and **ginger** and cook, stirring, until fragrant, **1 minute**. Add the **basmati rice** and stir to coat. Add the **water** and **vegetable stock** and bring to the boil. Reduce the heat to medium and simmer until the stock is absorbed and the rice is tender, **20-22 minutes**.

**TIP:** Add a dash of water if the liquid is absorbed before the rice is tender.



## 4. Cook the paneer

While the biryani is simmering, cut the **paneer cheese** into 2cm cubes. Thinly slice the **long green chilli** (see ingredients list), if using. Heat a medium frying pan over a medium-high heat. Add the **slivered almonds** and toast, stirring, until golden, **3-4 minutes**. Transfer to a bowl. Return the medium frying pan to a medium-high heat with a **good drizzle** of **olive oil**. When the oil is hot, add the **paneer**, **mild North Indian spice blend** and the **salt** and cook, turning occasionally, until golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel.



## 5. Finish the biryani

When the biryani has finished simmering, stir through the **paneer**. Just before serving, stir through the **baby spinach leaves**. Season to taste with **salt** and **pepper**.

**TIP:** Seasoning is key in this dish, so taste, season with salt and pepper and taste again.



## 6. Serve up

Divide the Indian paneer biryani between bowls. Top with the toasted almonds and sprinkle with the chilli (if using). Serve with a dollop of the **Greek yoghurt**.

## Enjoy!