



Indian-Spiced Paneer & Veggie Biryani

with Roasted Cashews

Grab your Meal Kit with this symbol



Carrot



Green Beans



Garlic



Brown Onion



Bengal Curry Paste



Mumbai Spice Blend



Basmati Rice



Currants



Vegetable Stock Powder



Paneer



Mild North Indian Spice Blend



Baby Spinach Leaves



Greek-Style Yoghurt



Crushed Roasted Cashews

Hands-on: 30-40 mins
Ready in: 35-45 mins

Spicy (Bengal curry paste)

Forget what you think you know about biryani - this veggie version, using paneer instead of lamb, just goes to show that rules are made to be broken! It's sweet, spicy, satisfying and just the thing to warm you up on a chilly night.

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
brown onion	½	1
Bengal curry paste	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
basmati rice	1 packet	1 packet
currants	1 packet	1 packet
water*	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
paneer	1 packet (300g)	2 packets (600g)
mild North Indian spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)
Greek-style yoghurt	1 medium packet	1 large packet
crushed roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4722kJ (1129Cal)	867kJ (207Cal)
Protein (g)	53.7g	9.9g
Fat, total (g)	56.4g	10.4g
- saturated (g)	31.9g	5.9g
Carbohydrate (g)	107.6g	19.8g
- sugars (g)	25.6g	4.7g
Sodium (mg)	1650mg	303mg

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.

1



Get prepped

Thinly slice the **carrot** into rounds. Trim and halve the **green beans**. Finely chop the **garlic**. Thinly slice the **brown onion** (see ingredients).

4



Cook the paneer

While the rice is cooking, cut the **paneer** into 2cm cubes. In a medium bowl, combine the **mild North Indian spice blend**, the **salt** and a drizzle of **olive oil**. Add the **paneer** and toss to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **paneer**, tossing, until browned, **3-4 minutes**. Season to taste, then transfer to a plate. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **green beans**, tossing, until tender, **4-5 minutes**. Set aside.

2



Start the biryani

SPICY! The curry paste is spicy. Use less depending on your taste. In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **2-3 minutes**. Add the **Bengal curry paste** (see ingredients), **Mumbai spice blend** and **garlic** and cook until fragrant, **1 minute**.

5



Finish the biryani

When the rice is done, add the **baby spinach leaves** and **veggies** to the **biryani** and stir until the spinach is just wilted. Gently stir through the spiced **paneer**. Season to taste.

3



Add the rice

Add the **basmati rice** and **currants** to the pan and stir to coat. Add the **water** and **vegetable stock powder**. Stir, then bring to the boil. Cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

6



Serve up

Divide the Indian-spiced paneer and veggie biryani between bowls. Top with the **Greek-style yoghurt**. Garnish with the **crushed roasted cashews** to serve.

Enjoy!