HELLO FRESH

Roasted Cauliflower Bengal Biryani
with Currants & Yoghurt

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Grab your Meal Kit with this symbol

Cauliflower	Onion
Carrot	Garlic
Bengal Curry Paste	Mumbai Spice Blend
Chilli Flakes (Optional)	Basmati Rice
Currants	Vegetable Stock Powder
Herbs	Baby Spinach Leaves
Roasted Almonds	Greek-Style Yoghurt
Chicken Breast	

Pantry items

Olive Oil

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

Eat Me Early*
Custom Recipe only

Calorie Smart

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, refreshing herbs and roasted cauliflower, this dish packs flavour in every bite.

CUSTOM RECIPE **If you chose to swap, upgrade or add protein, follow the custom recipe steps.**

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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 portion (400g)	2 portions (800g)
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) 🌶	pinch	pinch
basmati rice	1 packet	1 packet
currants	1 medium packet	1 large packet
*warm water**	1½ cups	3 cups
vegetable stock powder	1 medium packet	1 large packet
herbs	1 bag	1 bag
roasted almonds	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2604kJ (622Cal)	500kJ (120Cal)
Protein (g)	19g	3.6g
Fat, total (g)	18g	3.5g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	96.8g	18.6g
- sugars (g)	21.5g	4.1g
Sodium (mg)	1075mg	206mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3363kJ (804Cal)	494kJ (118Cal)
Protein (g)	51.4g	7.5g
Fat, total (g)	23.6g	3.5g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	96.8g	14.2g
- sugars (g)	21.5g	3.2g
Sodium (mg)	1173mg	172mg

The quantities provided above are averages only.

1

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**.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.

2

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**.

3

Start the biryani

- **SPICY!** *The curry paste is spicy so use a little less if you prefer your biryani mild.*
- 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**.
- Add another drizzle of **olive oil**, the **Bengal curry paste**, **garlic**, **Mumbai spice blend** and a pinch of **chilli flakes** (if using) and cook, stirring, until fragrant, **1 minute**.

Custom Recipe: Cook chicken with onion and carrot, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue step as above.

4

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 the 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!*

5

Finish the biryani

- While the rice is cooking, roughly chop **herbs** (reserve some for garnish!) and **roasted almonds**.
- When the rice is done, gently stir through **baby spinach leaves**, **herbs**, **almonds** and **roasted cauliflower**.

6

Serve up

- Divide roasted cauliflower Bengal biryani between bowls.
- Dollop with **Greek-style yoghurt**.
- Sprinkle with reserved herbs to serve. Enjoy!

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