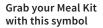


Roasted Pumpkin Bengali Biryani with Currants & Yoghurt

CLIMATE SUPERSTAR











Onion





Bengal Curry

Mild North Indian

Chilli Flakes Spice Blend (Optional)





Basmati Rice

Currants





Vegetable Stock Powder

Coriander





Roasted Almonds

Baby Spinach



The recent wet and cold weather across New Zealand has impacted our regular

supply of fresh ingredients

and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Peeled Pumpkin Pieces

Yoghurt





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 pumpkin, this dish packs flavour in every bite.

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

Oven tray lined with baking paper \cdot Large frying pan with a lid (or foil)

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1/2	1	
carrot	1	2	
garlic	1 clove	2 cloves	
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)	
Bengal curry paste 🥖	1 medium packet	1 large packet	
mild North Indian spice blend	1 medium sachet	1 large sachet	
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 sachet	1 large sachet	
coriander	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	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2622kJ (627Cal)	503kJ (120Cal)
Protein (g)	18.7g	3.6g
Fat, total (g)	18g	3.5g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	96.5g	18.5g
- sugars (g)	21.5g	4.1g
Sodium (mg)	1075mg	206mg

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.
- Thinly slice onion (see ingredients). Thinly slice carrot into rounds. Finely chop garlic.



Roast the pumpkin

 Place peeled pumpkin pieces on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then roast until tender, 20-25 minutes.



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 mediumhigh 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.



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 (or foil) 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!



Finish the biryani

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



Serve up

- Divide roast pumpkin Bengali biryani between bowls.
- Dollop with Greek-style yoghurt.
- Sprinkle with reserved coriander to serve. Enjoy!

