

Roasted Pumpkin Bengali Biryani

with Currants & Yoghurt

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 **Recipe Update**
 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!



Onion



Carrot



Garlic



Bengal Curry Paste



Mild North Indian Spice Blend



Chilli Flakes (Optional)



Basmati Rice



Currants



Vegetable Stock Powder



Coriander



Roasted Almonds



Baby Spinach Leaves



Peeled Pumpkin Pieces



Greek-Style Yoghurt

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

 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 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 · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	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 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**.



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!

We're here to help!

Scan here if you have any questions or concerns

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