



ROAST CAULIFLOWER BIRYANI

with Currants, Roasted Almonds & Yoghurt



Make a cauliflower biryani



Cauliflower



Brown Onion



Carrot



Bengal Curry Paste



Basmati Rice



Currants



Vegetable Stock



Coriander



Roasted Almonds



Greek Yoghurt

Hands-on: 25 mins
Ready in: 40 mins

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 rich currants, fresh coriander and roasted cauliflower, this rice dish packs flavour in every bite, with a dollop of creamy Greek yoghurt for a tangy contrast.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- deep medium frying pan**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Chop the **cauliflower** into 2cm florets. Thinly slice the **brown onion** (see ingredients list). Slice the **carrot** (unpeeled) into 0.5cm rounds. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



2 ROAST THE CAULIFLOWER

Place the **cauliflower** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat. Roast for **20-25 minutes**, or until tender and brown around the edges.



3 START THE BIRYANI

While the cauliflower is roasting, heat a **drizzle** of **olive oil** in a deep, medium frying pan over a medium-high heat. Add the **brown onion** and **carrot** and cook, stirring, for **5 minutes**, or until the onion is soft. Add the **Bengal curry paste** and cook, stirring, for **1 minute**, or until fragrant.



4 ADD THE RICE & CURRANTS

Add the **basmati rice** and **currants** to the frying pan and stir to coat. Add the **warm water** and crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir to dissolve the stock, then bring to the boil. Cover, reduce the heat to medium-low, and simmer for **15 minutes**, or until the water is absorbed and the rice is tender.

TIP: Add a little extra water if the liquid is absorbed before the rice is done.



5 FINISH THE BIRYANI

While the biryani is simmering, roughly chop the **coriander** leaves (reserve some for garnish!) and **roasted almonds**. Once the rice is done, stir through the almonds, coriander and roast **cauliflower**.



6 SERVE UP

Divide the roast cauliflower biryani between bowls and top with a dollop of **Greek yoghurt**. Garnish with the reserved coriander leaves.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
brown onion	½	1
carrot	1	2
Bengal curry paste	1 sachet (50 g)	2 sachets (100 g)
basmati rice	1 packet	2 packets
currants	1 packet	2 packets
warm water*	1½ cups	3 cups
vegetable stock	1 cube	2 cubes
coriander	1 bunch	1 bunch
roasted almonds	1 packet	2 packets
Greek yoghurt	1 tub (100 g)	1 tub (185 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3390kJ (810Cal)	486kJ (116Cal)
Protein (g)	24.8g	3.6g
Fat, total (g)	14.9g	2.1g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	135g	19.3g
- sugars (g)	40.0g	5.7g
Sodium (g)	1440mg	206mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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