



Roasted Cauliflower Biryani

with Currants & Almonds

Grab your Meal Kit with this symbol



Cauliflower



Brown Onion



Carrot



Garlic



Bengal Curry Paste



Mumbai Spice Blend



Chilli Flakes (Optional)



Basmati Rice



Currants



Vegetable Stock Powder



Herbs



Roasted Almonds



Salad Leaves



Greek-Style Yoghurt

Keep an eye out...
Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **25-35 mins**
Ready in: **40-50 mins**

Calorie Smart

Spicy (Bengal curry paste & optional chilli flakes)

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.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
brown onion	½	1
carrot	1	2
garlic	1 clove	2 cloves
Bengal curry paste	½ packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
basmati rice	1 packet	1 packet
currants	1 packet	1 packet
warm water*	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
herbs	1 bag	1 bag
roasted almonds	1 packet	2 packets
salad leaves	1 bag (30g)	1 bag (60g)
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2647kJ (633Cal)	505kJ (121Cal)
Protein (g)	19g	3.6g
Fat, total (g)	17.9g	3.4g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	98.6g	18.8g
- sugars (g)	23.6g	4.5g
Sodium (mg)	1079mg	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 the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Thinly slice the **brown onion** (see ingredients). Thinly slice the **carrot**. Finely chop the **garlic**.



Roast the cauliflower

Place the **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**.



Start the biryani

SPICY! The curry paste is spicy so use a little less if you prefer your biryani mild. While the cauliflower is roasting, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **carrot**, stirring, until softened, **5 minutes**. Add another drizzle of **olive oil**, the **Bengal curry paste** (see ingredients), **garlic**, **Mumbai spice blend** and a pinch of **chilli flakes** (if using) and cook, stirring, until fragrant, **1 minute**.



Add the rice & currants

Add the **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 the heat to medium-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!



Finish the biryani

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



Serve up

Divide the roasted cauliflower biryani between bowls and top with the **Greek-style yoghurt**. Sprinkle with the reserved herbs to serve.

Enjoy!