

Sri Lankan Masala & Eggplant Biryani

with Roasted Nuts & Garlic Dip

Grab your Meal Kit with this symbol

















Spice Blend

Masala Paste



Dried Curry Leaves



Basmati Rice





Currants

Baby Spinach Leaves



Garlic Dip



Roasted Peanut & Cashew Mix

Prep in: 15-25 mins Ready in: 30-40 mins



Plant Based

Allow the warmth of this hearty dish to wash over you and make your mouth water on the first bite. Nothing is cosier than a biryani with spiced eggplant, roasted veggies and a garlic dip. Tonight's dinner is sure to be a new favourite.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You will need

Oven tray lined with baking paper · Large saucepan with

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
cauliflower	1 portion (200g)	1 portion (400g)
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
masala paste	1 medium packet	1 large packet
Sri Lankan spice blend	1 sachet	2 sachets
dried curry leaves	1 packet	2 packets
basmati rice	1 packet	1 packet
currants	1 medium packet	1 large packet
water*	1½ cups	3 cups
baby spinach leaves	1 small bag	1 medium bag
garlic dip	1 medium packet	1 large packet
roasted peanut & cashew mix	1 packet	2 packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3029kJ (724Cal)	742kJ (177Cal)
Protein (g)	15.5g	3.8g
Fat, total (g)	34.4g	8.4g
- saturated (g)	3.5g	0.9g
Carbohydrate (g)	85.8g	21g
- sugars (g)	14.1g	3.5g
Sodium (mg)	974mg	239mg

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.



Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut eggplant into small chunks. Cut cauliflower into small florets. Cut onion into wedges. Finely chop garlic.
- Place eggplant, cauliflower and onion 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.



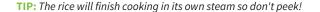
Start the biryani

- **SPICY!** The curry paste is spicy so use a little less if you prefer your biryani mild.
- · Meanwhile, heat a large saucepan over medium-high heat with a drizzle of olive oil. Cook masala paste, Sri Lankan spice blend, dried curry leaves and garlic, stirring, until fragrant, 1 minute.



Simmer the biruani

- Add **basmati rice** and **currants** to the saucepan and stir to coat.
- Add the water and a generous pinch of salt, stir to dissolve, then bring to
- Cover with a lid and reduce heat to medium-low. Cook for 10 minutes, then remove pan from heat and keep covered until rice is tender and the water is absorbed, 10 minutes.
- Add roasted veggies and the baby spinach leaves and stir to combine. Season to taste.





Serve up

- Divide Sri Lankan masala and eggplant biryani between bowls.
- Top with garlic dip and roasted peanut & cashew mix to serve. Enjoy!

