



Sri Lankan Masala & Eggplant Biryani

with Roasted Nuts & Garlic Dip

Grab your Meal Kit with this symbol



Eggplant



Cauliflower



Onion



Garlic



Masala Paste



Sri Lankan Spice Blend



Dried Curry Leaves



Basmati Rice



Currants



Baby Spinach Leaves



Garlic Dip



Roasted Peanut & Cashew Mix

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large saucepan with a lid

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW26



1



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**.

3



Simmer the biryani

- 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 the boil.
- 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.

TIP: The rice will finish cooking in its own steam so don't peek!

2



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**.

4



Serve up

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

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