



MILD BEEF BIRYANI

with Cucumber Raita & Flaked Almonds



Make a cucumber
raita



Brown Onion



Carrot



Ginger



Garlic



Beef Mince



Bengal Curry
Paste



Basmati Rice



Currants



Beef Stock



Cucumber



Greek Yoghurt



Flaked Almonds



Baby Spinach
Leaves



Hands-on: **25 mins**

Ready in: **40 mins**



Naturally gluten-free

Not suitable for Coeliacs

Prepare your tastebuds for a magical journey with this hearty beef biryani. The deep Bengal curry paste infused into the basmati rice is beautifully complemented by a cooling cucumber raita and a scattering of sweet currants. Loaded with these rich tastes of India, the whole family will be transported to a world of flavour.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **large pot** or **saucepan** with a **lid** • **medium frying pan**



1 GET PREPPED

Thinly slice the **brown onion**. Thinly slice the **carrot** (unpeeled). Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press).



2 START THE BIRYANI

In a large pot or saucepan, heat a **drizzle** of **olive oil** over a high heat. Once hot, add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes** or until browned. Add the **salt** and stir to combine. Reduce the heat to medium-high and add the **brown onion** and **carrot**. Cook, stirring, for **4 minutes**, or until the onion is soft. Add the **Bengal curry paste**, **ginger** and **garlic** and cook, stirring, for **2 minutes**, or until fragrant.



3 ADD THE RICE

Add the **basmati rice** and **currants** to the pot and stir to coat. Add the **warm water** and crumbled **beef stock** cubes. Stir to dissolve the stock, then bring to the boil. Cover, reduce the heat to low, and simmer for **15-20 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 cooked. **TIP:** Don't worry if the rice sticks to the bottom of the pan, this adds a lovely crunch to the dish!



4 MAKE THE CUCUMBER RAITA

While the rice is cooking, very finely chop (or grate) the **cucumber**. In a medium bowl, combine the cucumber, **Greek yoghurt** and a **pinch** of **salt** and **pepper**. Mix well and set aside.



5 TOAST THE ALMONDS

Heat a medium frying pan over a medium-high heat. Once hot, add the **flaked almonds** and toast, tossing, for **2-3 minutes** or until golden.



6 SERVE UP

Stir the **baby spinach leaves** through the rice until wilted. Divide the beef biryani between bowls. Top with a dollop of the cucumber raita and sprinkle with the flaked almonds.

TIP: For kids, see our serving suggestions in the main photo.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
carrot	2
ginger	1 knob
garlic	4 cloves
beef mince	1 packet
salt*	½ tsp
Bengal curry paste	2 sachets (100 g)
basmati rice	2 packets
currants	1 packet
warm water*	3 cups
beef stock	2 cubes
cucumber	1
Greek yoghurt	1 tub (100 g)
flaked almonds	2 packets
baby spinach leaves	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2690kJ (643Cal)	589kJ (141Cal)
Protein (g)	37.0g	8.1g
Fat, total (g)	13.7g	3.0g
- saturated (g)	4.9g	1.1g
Carbohydrate (g)	87.8g	19.2g
- sugars (g)	19.2g	4.2g
Sodium (g)	1320mg	289mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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