

Roast Cauliflower Biryani

with Currants & Roasted Almonds

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Brown Onion



Garlic



Mumbai Spice Blend



Bengal Curry Paste



Basmati Rice



Currants



Vegetable Stock Pot



Coriander



Roasted Almonds



Long Red Chilli (Optional)



Greek Yoghurt

Hands-on: **25-35 mins**
 Ready in: **40-50 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long red chilli)
 Calorie Smart

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, fresh coriander 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
Deep medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
carrot	1	2
brown onion	½	1
garlic	1 clove	2 cloves
Mumbai spice blend	1 sachet	2 sachets
Bengal curry paste	½ packet (50g)	1 packet (100g)
basmati rice	1 packet	2 packets
currants	½ packet	1 packet
warm water*	1½ cups	3 cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
coriander	1 bag	1 bag
roasted almonds	1 packet	2 packets
long red chilli (optional)	½	1
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2542kJ (607Cal)	468kJ (111Cal)
Protein (g)	13.7g	2.5g
Fat, total (g)	18.4g	3.4g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	91.3g	16.8g
- sugars (g)	27g	5g
Sodium (mg)	1626mg	300mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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**. Chop the **cauliflower** into 2cm florets. Thinly cut the **carrot** (unpeeled) into half-moons. Thinly slice the **brown onion** (see ingredients). Finely chop the **garlic**.

TIP: Cut the veggies to size so they cook in time.



Roast the cauliflower

Place the **cauliflower**, **carrot** and **Mumbai spice blend** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender and brown around the edges, **20-25 minutes**.



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 **onion** and cook, stirring, until the onion is soft, **5 minutes**. Add another drizzle of **olive oil**, the **Bengal curry paste** (see ingredients) and **garlic** and cook, stirring, until fragrant, **1 minute**.



Add the rice & currants

Add the **basmati rice** and **currants** (see **ingredients**) to the pan and stir to coat. Add the **water** and **vegetable stock pot**. Stir to dissolve the stock, then bring to the boil. Cover 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 **coriander** leaves (reserve some for garnish!) and **roasted almonds**. Thinly slice the **long red chilli** (if using). When the rice is done, stir through the **almond**, **coriander** and **roast cauliflower** and **carrot**.



Serve up

Divide the roast cauliflower biryani between bowls and top with **Greek yoghurt**. Sprinkle with the chilli and reserved coriander leaves.

Enjoy!