

# Roast Cauliflower Biryani

with Currants & Roasted Almonds



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-Style Yoghurt

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

 Naturally Gluten-Free  
*Not suitable for coeliacs*

 Calorie Smart

 Spicy (optional long red chilli)

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 Indian-inspired dish delivers flavour with 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 frying pan or large saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large 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	1 packet
basmati rice	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
warm water*	1½ cups	3 cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
coriander	1 bag	1 bag
roasted almonds	1 medium packet	1 large packet
long red chilli (optional)	½	1
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2658kJ (635Cal)	496kJ (118Cal)
Protein (g)	17.3g	3.2g
Fat, total (g)	19g	3.5g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	94.4g	17.6g
- sugars (g)	28.9g	5.4g
Sodium (mg)	1704mg	318mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://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 small florets. Thinly slice the **carrot** into half-moons. Thinly slice the **brown onion** (see ingredients). Finely chop the **garlic**.

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



## Roast the cauliflower & carrot

Place the **cauliflower**, **carrot** and **Mumbai spice blend** on a lined oven tray. 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 veggies are roasting, heat a drizzle of **olive oil** in a deep frying pan or large saucepan over a medium-high heat. Cook the **onion**, stirring, until soft, **4-5 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** to the pan, stirring to coat. Add the **warm water** and **vegetable stock pot**, 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** and **roasted almonds**. Thinly slice the **long red chilli** (if using). When the rice is done, stir through the **almonds**, **roasted veggies** and 1/2 the **coriander**.



## Serve up

Divide the roast cauliflower biryani between bowls. Top with the **Greek-style yoghurt**. Serve sprinkled with the chilli (if using) and remaining coriander.

## Enjoy!

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