

Roast Cauliflower Biryani

with Currants, Almonds & Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Brown Onion



Garlic



Mumbai Spice Blend



Basmati Rice



Currants



Roasted Almonds



Coriander



Long Chilli (Optional)



Bengal Curry Paste



Vegetable Stock Pot



Greek-Style Yoghurt

Prep in: **25-35 mins**
Ready in: **40-50 mins**



Naturally Gluten-Free
Not suitable for coeliacs



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 herbs 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 medium sachet	1 large sachet
Bengal curry paste	½ packet	1 packet
basmati rice	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
warm water*	1 ½ cups	3 cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
roasted almonds	1 medium packet	1 large packet
coriander	1 bag	1 bag
long chilli (optional)	½	1
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2581kJ (616Cal)	495kJ (118Cal)
Protein (g)	16.8g	3.2g
Fat, total (g)	18.5g	3.6g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	93.5g	17.9g
- sugars (g)	26.3g	5g
Sodium (mg)	1972mg	379mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Chop **cauliflower** into small florets.
- Thickly slice **carrot** into half-moons.
- Thinly slice **brown onion** (see ingredients).
- Finely chop **garlic**.



Add the rice & currants

- Add **basmati rice** and **currants**, stirring to coat.
- Add the **warm water** (1 1/2 cups for 2 people / 3 cups for 4 people) and **vegetable stock pot**, then bring to the boil.
- Cover and reduce heat to medium-low. Cook for **10 minutes**, then remove pan from heat.
- Keep covered until rice is tender and the water is absorbed, **10 minutes**.

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



Roast the cauliflower & carrot

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

TIP: If your oven tray is crowded, divide the veggies between two trays.



Finish the biryani

- Meanwhile, roughly chop **roasted almonds**. Roughly chop **coriander** leaves.
- When rice is done, stir through roasted **veggies**, almonds and 1/2 the **coriander**.



Start the biryani

- Meanwhile, heat a drizzle of **olive oil** in a deep frying pan or large saucepan over medium-high heat.
- Cook **onion**, stirring, until softened, **4-5 minutes**.
- Add another drizzle of **olive oil**, the **Bengal curry paste** (see ingredients) and **garlic** and cook, stirring, until fragrant, **1 minute**.



Serve up

- Thinly slice **long chilli** (if using).
- Divide roast cauliflower biryani between bowls. Top with a dollop of **Greek-style yoghurt**.
- Sprinkle with chilli and remaining coriander to serve. Enjoy!

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