Roast Cauliflower Biryani

with Currants, Almonds & Yoghurt















Brown Onion



Basmati Rice

Mumbai Spice Blend





Currants



Roasted Almonds





Coriander

Long Chilli (Optional)



Bengal Curry Paste

Vegetable Stock Pot

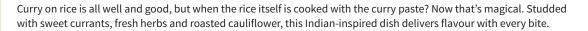


Greek-Style Yoghurt

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

Calorie Smart







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 \cdot Deep frying pan or large saucepan with a lid

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
cauliflower	1 large portion	2 large portions	
carrot	1	2	
brown onion	1/2	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)	1/2	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.



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.



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.



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.



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!



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.



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!

