



# Roasted Broccoli Biryani & Mint Yoghurt

with Currants & Almonds

Grab your Meal Kit with this symbol



Broccoli



Carrot



Brown Onion



Garlic



Bengal Curry Paste



Mumbai Spice Blend



Basmati Rice



Currants



Vegetable Stock



Mint



Cucumber



Greek Yoghurt



Roasted Almonds



Long Red Chilli (Optional)



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



Naturally gluten-free  
*Not suitable for Coeliacs*



Spicy (optional long red chilli)



Low Calorie

Get ready for this bright, bold and beautiful meal that combines a touch of heat from aromatic spices with the sweetness of currants and the cooling flavours of mint and yoghurt. You'll be surprised at how easy it is to make this restaurant-quality dinner at home!

### 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 large frying pan with a lid

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
carrot	1	2
brown onion	½	1
garlic	1 clove	2 cloves
Bengal curry paste	½ sachet (50g)	1 sachet (100g)
Mumbai spice blend	1 sachet	2 sachets
basmati rice	1 packet	2 packets
currants	1 packet	2 packets
water*	1½ cups	3 cups
vegetable stock	1 cube	2 cubes
mint	1 bunch	1 bunch
cucumber	1	2
Greek yoghurt	1 packet (100g)	1 packet (200g)
roasted almonds	1 packet	2 packets
long red chilli (optional)	1	2

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2161kJ (516Cal)	426kJ (101Cal)
Protein (g)	16.6g	3.3g
Fat, total (g)	8.3g	1.6g
- saturated (g)	1g	0.2g
Carbohydrate (g)	85g	16.7g
- sugars (g)	21.5g	4.2g
Sodium (mg)	1443mg	284mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Chop the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **carrot** (unpeeled). Place the **broccoli** and **carrot** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat. Roast until tender and brown around the edges, **20 minutes**.

**TIP:** Spread the veggies across two trays if they can't fit in a single layer!



## 4. Add the rice & currants

Add the **basmati rice** and **currants** to the pan and stir to coat. Add the **water** and crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). 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!



## 2. Get prepped

While the veggies are roasting, thinly slice the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press).



## 5. Finish the biryani

While the biryani is cooking, pick and roughly chop the **mint** leaves (reserve some leaves for garnish!). Grate the **cucumber** (or finely chop if you prefer!). In a small bowl, combine the **mint**, **cucumber** and **Greek yoghurt**. Season to taste with **salt** and **pepper**. Roughly chop the **roasted almonds**. Thinly slice the **long red chilli** (if using). When the rice is done, stir through the roast **broccoli** and **carrot**.



## 3. Start the biryani

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and cook, stirring, until softened, **5 minutes**. Add another **drizzle** of **olive oil**, the **Bengal curry paste** (see ingredients list), **garlic** and **Mumbai spice blend** and cook, stirring, until fragrant, **1 minute**.



## 6. Serve up

Divide the roasted broccoli biryani between bowls and top with mint yoghurt and chopped almonds. Sprinkle with the chilli (if using) and reserved mint leaves.

**TIP:** For the low-calorie option, serve without the almonds and mint yoghurt.

**Enjoy!**