



Dinner - Roasted Cauliflower & Beef Biryani

Lunch - Spiced Beef & Mango Chutney Wrap



Grab your Meal Kit with this symbol



Cauliflower



Brown Onion



Garlic



Carrot



Flaked Almonds



Beef Mince



Bengal Curry Paste



Basmati Rice



Currants



Beef Stock



Cucumber



Greek Yoghurt



Coriander



Baby Spinach Leaves

FOR YOUR LUNCH



Tomato



Classic Wraps



Mango Chutney

Hands-on: 40-50 mins
Ready in: 45-55 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. This week, enjoy the rich aromatic flavours of this beef biryani, followed by tasty wraps with mango chutney for lunch!

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

Large frying pan or saucepan with a lid
Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
brown onion	1	2
garlic	3 cloves	5 cloves
carrot	2	3
flaked almonds	1 packet	2 packets
beef mince	1 small packet	1 medium & 1 small packet
Bengal curry paste	1 sachet (100g)	1½ sachets (150g)
basmati rice	1 packet	2 packets
currants	1 packet	2 packets
water*	1½ cup	3 cups
beef stock	2 cubes	3 cubes
cucumber	1	2
Greek yoghurt	1 packet (100g)	1 packet (200g)
coriander	1 bag	1 bag
baby spinach leaves	1 bag (120g)	1 bag (180g)
tomato	1	1
classic wraps	4	4
mango chutney	1 tub (50g)	1 tub (50g)

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	2850kJ (682Cal)	465kJ (111Cal)
Protein (g)	38.7g	6.3g
Fat, total (g)	15.5g	2.5g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	90.4g	14.7g
- sugars (g)	22.1g	3.6g
Sodium (g)	1590mg	259mg

LUNCH

Energy (kJ)	2300kJ (548Cal)	482kJ (115Cal)
Protein (g)	33.8g	7.1g
Fat, total (g)	17.6g	3.7g
- saturated (g)	4.3g	0.9g
Carbohydrate (g)	58.1g	12.2g
- sugars (g)	12.8g	2.7g
Sodium (g)	1140mg	239mg

Allergens

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

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1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets and roughly chop the stalks. Thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Heat a large frying pan or saucepan over a medium-high heat, add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate and set aside.

TIP: Cut the cauliflower to the correct size so it cooks in the allocated time.



4. Make the biryani

Add the **basmati rice** and **currants** to the frying pan and stir to coat. Add the **water** and crumbled **beef stock** (2 cubes for 2 people / 3 cubes for 4 people). Stir to dissolve the **stock**, then bring to the boil. Cover, reduce the heat to low and simmer until the water is absorbed and the rice is tender, **18-22 minutes**.

TIP: Add a little extra water if the liquid is absorbed before the rice is done.



2. Roast the cauliflower

Place the **cauliflower** 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, **20-25 minutes**.



5. Serve dinner

While the biryani is cooking, very finely chop (or grate) the **cucumber**. In a medium bowl, combine the **cucumber**, **Greek yoghurt** and a **pinch** of **salt** and **pepper**. Mix well and set aside. Roughly chop the **coriander**. When the rice is finished, stir through the roasted **cauliflower**. Set aside a portion of the **baby spinach leaves** for your lunch and stir the remainder through the rice. Season to taste. Divide the roasted **cauliflower** and **beef biryani** between bowls and top with the **cucumber raita**, **coriander** and toasted **almonds**.



3. Cook the beef & veggies

While the cauliflower is roasting, return the pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**. Reduce the heat to medium-high and add the **onion** and **carrot**. Cook, stirring, until the onion is soft, **4 minutes**. Add the **Bengal curry paste** (see **ingredients list**) and **garlic** and cook, stirring, until fragrant, **2 minutes**. Set aside two portions for lunch.



6. Make lunch

When you're ready to pack your lunch, thinly slice the **tomato**. Spread **4 classic wraps** (see **ingredients list**) with the **mango chutney**. Divide the **reserved baby spinach**, **tomato** and **spiced beef** between the wraps. Tuck in the ends and roll into burritos. Wrap in foil or plastic wrap and refrigerate. At lunchtime, remove the wrapping and reheat in a sandwich press or in the microwave for **30 seconds bursts**, until heated to your liking.