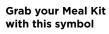


Dinner - Roasted Cauliflower & Beef Biryani **Lunch -** Spiced Beef & Mango Chutney Wrap









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!

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Mango Chutney

Pantry items

Olive Oil

Before vou 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 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

5. Serve dinner

While the biryani is cooking, very finely chop (or

the cucumber, Greek yoghurt and a pinch of

chop the coriander. When the rice is finished,

stir through the roasted cauliflower. Set aside a

and stir the remainder through the rice. Season

raita, coriander and toasted almonds.

to taste. Divide the roasted **cauliflower** and **beef**

biryani between bowls and top with the cucumber

portion of the **baby spinach leaves** for your lunch

salt and pepper. Mix well and set aside. Roughly

grate) the **cucumber**. In a medium bowl, combine

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.



3. Cook the beef & vegaies

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.