



# ROASTED EGGPLANT BIRYANI

with Currants & Almonds



Make an eggplant biryani



Eggplant



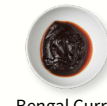
Brown Onion



Carrot



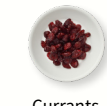
Garlic



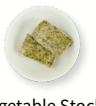
Bengal Curry Paste



Basmati Rice



Currants



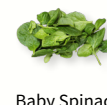
Vegetable Stock



Coriander



Roasted Almonds



Baby Spinach Leaves



Greek Yogurt

Hands-on: **20 mins**  
Ready in: **35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Biryani – the fragrant rice dish hailing from the Indian subcontinent – gets a twist with this vegetarian version that uses cubes of roasted eggplant to add a ton of flavour, plus roasted almonds for crunch and a dollop of creamy Greek yoghurt to complement the mild spices.

**Pantry Staples:** Olive Oil

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large saucepan** with a **lid**



### 1 PREP THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Chop the **eggplant** into 2cm chunks. Thinly slice the **brown onion** (see ingredients list). Thinly slice the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press).  
**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



### 2 ROAST THE EGGPLANT

Place the **eggplant** on an oven tray lined with baking paper. **Drizzle** generously with **olive oil** and season with a **pinch of salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.  
**TIP:** Eggplant is done when it is very soft to the touch, roast it for a few more minutes if it is still firm!



### 3 START THE BIRYANI

While the eggplant is roasting, heat a **drizzle of olive oil** in a large saucepan over a medium-high heat. Add the **onion** and **carrot** and cook, stirring, until the onion is softened, **5 minutes**. Add the **Bengal curry paste** (see ingredients list) and **garlic** and cook, stirring, until fragrant, **1 minute**.



### 4 ADD THE RICE & CURRANTS

Add the **basmati rice** and **currants** to the saucepan and stir to coat. Add the **water** and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir to dissolve the stock, then bring to the boil. Cover with a lid, reduce the heat to medium-low, and simmer until the water is absorbed and the rice is tender, **16-18 minutes**.  
**TIP:** Add a little extra water if the liquid is absorbed before the rice is done!



### 5 FINISH THE BIRYANI

While the biryani is cooking, roughly chop the **coriander** leaves (reserve some for garnish!) and **roasted almonds**. Once the rice is done, add the **baby spinach leaves** and stir through until just wilted. Stir through the chopped coriander, almonds and roasted **eggplant**.  
**TIP:** Seasoning is key in this dish! Taste and season with salt and pepper if you think it needs it.



### 6 SERVE UP

Divide the roast eggplant biryani between bowls and top with a dollop of **Greek yogurt**. Garnish with the reserved coriander leaves.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
eggplant	1	2
brown onion	½	1
carrot	1	2
garlic	2 cloves	4 cloves
Bengal curry paste	¾ sachet (75 g)	1½ sachets (150 g)
basmati rice	1 packet	2 packets
currants	1 packet	2 packets
water*	1½ cups	3 cups
vegetable stock	1 cube	2 cubes
coriander	1 bag	1 bag
roasted almonds	1 packet	2 packets
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
Greek yoghurt	1 pack (100 g)	2 packs (200 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2560kJ (613Cal)	539kJ (129Cal)
Protein (g)	16.7g	3.5g
Fat, total (g)	11.5g	2.4g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	103g	21.7g
- sugars (g)	31.5g	6.6g
Sodium (g)	1320mg	277mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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