

Oven-Baked Mumbai Beef Biryani

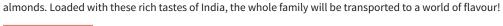
with Flaked Almonds & Yoghurt







Pantry items Olive Oil





Eat Me Early* Prep in: 15-25 mins *Custom Recipe only

Calorie Smart

Prepare your tastebuds for a magical journey with this hearty beef biryani. The deep Mumbai spice blend

infused into the basmati rice is beautifully complemented by a cooling yoghurt and a scattering of flaked



Mumbai Spice Blend

Garlic Paste

Green Beans



Baby Spinach Leaves

Flaked Almonds

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 small packet	1 medium packet
garlic paste	1 packet	2 packets
carrot	1	2
green beans	1 small bag	1 medium bag
basmati rice	1 medium packet	2 medium packets
Mumbai spice blend	1 medium packet	1 large packet
beef-style stock powder	1 medium sachet	2 medium sachets
boiling water*	1½ cups	3 cups
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2644kJ (632Cal)	650kJ (155Cal)
Protein (g)	38.1g	9.4g
Fat, total (g)	19.2g	4.7g
- saturated (g)	7.1g	1.7g
Carbohydrate (g)	73.7g	18.1g
- sugars (g)	11.7g	2.9g
Sodium (mg)	1122mg	276mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2460kJ (588Cal)	551kJ (132Cal)
Protein (g)	43.8g	9.8g
Fat, total (g)	11.7g	2.6g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	73.7g	16.5g
- sugars (g)	11.7g	2.6g
Sodium (mg)	1135mg	254mg

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.

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Start the biryani

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- Preheat oven to 220°C/200°C fan-forced. Boil the kettle.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef mince**, breaking up with a spoon, until just browned, 3-4 minutes.
- Add garlic paste and cook until fragrant, 1 minute. Transfer beef mixture to a baking dish.

Custom Recipe: If you have swapped to chicken breast, cut chicken into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Add garlic paste and cook until fragrant, 1 minute. Remove chicken from heat.



Finish the biryani

- Add basmati rice, Mumbai spice blend, beef-style stock powder and the **boiling water** (1¹/₂ cups for 2 people / 3 cups for 4 people) to the baking dish. Stir to combine.
- Cover tightly with foil, and bake until **rice** is cooked and liquid is absorbed, 25-30 minutes.
- When the rice is cooked, add roasted veggies and baby spinach leaves to the rice and stir to combine. Season to taste.

Custom Recipe: Add the cooked chicken to the baking dish with the veggies.



Roast the veggies

- Meanwhile, cut carrot into bite-sized chunks. Trim and halve green beans.
- Place carrot on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat and roast until tender, 20-25 minutes.
- In the last **10-15 minutes** add green beans to the tray and roast.



• Divide oven-baked beef biryani between bowls. Top with Greek-style yoghurt and sprinkle over flaked almonds. Enjoy!

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