



Oven-Baked Mumbai Beef Biryani

with Flaked Almonds & Yoghurt

Grab your Meal Kit with this symbol



Beef Mince



Garlic Paste



Carrot



Green Beans



Basmati Rice



Mumbai Spice Blend



Beef-Style Stock Powder



Baby Spinach Leaves



Greek-Style Yoghurt



Flaked Almonds



Chicken Breast

Prep in: **15-25 mins**
Ready in: **40-50 mins**

Eat Me Early*
*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 almonds. Loaded with these rich tastes of India, the whole family will be transported to a world of flavour!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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.

We're here to help!

Scan here if you have any questions or concerns



1



Start the biryani

- 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.

3



Finish the biryani

- Add **basmati rice**, **Mumbai spice blend**, **beef-style stock powder** and the **boiling water** (1½ 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.

2



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.

4



Serve up

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

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