



One-Pot Chicken & Spinach Biryani

with Currants, Greek-Style Yoghurt & Flaked Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Chicken Thigh



Mumbai Spice Blend



Bengal Curry Paste



Currants



Basmati Rice



Chicken Stock Pot



Baby Spinach Leaves



Greek-Style Yoghurt



Flaked Almonds



Chicken Thigh

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

Eat Me Early

South Asian biryani is an Indian delicacy and this one-pot wonder, is infused with spices from across India. Simply throw it all in the pot and watch the ingredients soak up the unforgettable flavours!

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 saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
chicken thigh	1 small packet	2 small packets OR 1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
Bengal curry paste	½ packet	1 packet
currants	1 medium packet	1 large packet
basmati rice	1 medium packet	1 large packet
water*	1¾ cups	3½ cups
chicken stock pot	1 packet (20g)	2 packets (40g)
baby spinach leaves	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken thigh**	1 small packets	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2877kJ (688Cal)	613kJ (147Cal)
Protein (g)	42.1g	9g
Fat, total (g)	17.8g	3.8g
- saturated (g)	4.2g	0.9g
Carbohydrate (g)	87.3g	18.6g
- sugars (g)	21.4g	4.6g
Sodium (mg)	2678mg	571mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3705kJ (885Cal)	584kJ (139Cal)
Protein (g)	72.4g	11.4g
Fat, total (g)	26.3g	4.1g
- saturated (g)	6.8g	1.1g
Carbohydrate (g)	87.3g	13.8g
- sugars (g)	21.4g	3.4g
Sodium (mg)	2779mg	438mg

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



Get prepped

- Grate **carrot**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **Mumbai spice blend**, a drizzle of **olive oil** and a pinch of **salt**.
- Add **chicken**, turning to coat.

Custom Recipe: If you've doubled your chicken thigh, prepare chicken as above.



Start the biryani

- Stir in **currants**, **basmati rice**, the **water** and **chicken stock pot**, then bring to the boil. Cover and reduce heat to medium-low. Cook for **12 minutes**, then remove pan from heat.
- Keep covered until rice is tender and the water is absorbed, **15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the chicken

- In a large saucepan, 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**. Transfer to a plate and cover to keep warm.

Custom Recipe: For best results, cook chicken in batches.



Finish the biryani

- Once rice has finished cooking, stir through cooked **chicken** and **baby spinach leaves** until wilted and combined. Season to taste.



Cook the veg

- Wipe out saucepan and return to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, stirring, until tender, **2-3 minutes**.
- Add **Bengal curry paste** (see ingredients) and cook until fragrant, **1 minute**.



Serve up

- Divide chicken and veggie biryani between bowls.
- Top with **Greek-style yoghurt**.
- Sprinkle over **flaked almonds** to serve. Enjoy!

Rate your recipe

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