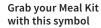


One-Pot Chicken & Spinach Biryani with Currants, Greek-Style Yoghurt & Flaked Almonds













Mild North Indian



Spice Blend





Basmati Rice

Bengal Curry Paste

Currants



Chicken Stock



Baby Spinach



Yoghurt



Flaked Almonds



Pantry items Olive Oil

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



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!

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
mild North Indian spice blend	1 medium sachet	2 medium sachets
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 mild North Indian **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.



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.



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.



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!



Finish the biryani

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



Serve up

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



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate