



One-Pan Indian Tofu & Veggie Biryani

with Tamarind Chutney & Flaked Almonds

NEW

Grab your Meal Kit with this symbol



Carrot



Green Beans



Firm Tofu



Mild Curry Paste



Mumbai Spice Blend



Basmati Rice



Baby Spinach Leaves



Tamarind Chutney



Greek-Style Yoghurt



Flaked Almonds



Chicken Breast

Prep in: 20-30 mins
Ready in: 45-55 mins

Calorie Smart

Eat Me Early*
*Custom Recipe only

Get ready for a flavour explosion with our veggie-packed biryani. Mumbai-spiced tofu takes centre stage while our curry paste is the supporting act. Top it all off with a generous dollop of creamy yoghurt and our sweet tamarind chutney.

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
green beans	1 small bag	1 medium bag
firm tofu	½ packet	1 packet
mild curry paste	½ packet	1 packet
Mumbai spice blend	1 medium sachet	1 large sachet
basmati rice	1 medium packet	1 large packet
water*	1¾ cups	3½ cups
baby spinach leaves	1 small bag	1 medium bag
tamarind chutney	1 medium packet	2 medium packets
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2335kJ (558Cal)	585kJ (140Cal)
Protein (g)	25.1g	6.3g
Fat, total (g)	9.1g	2.3g
- saturated (g)	1.9g	0.5g
Carbohydrate (g)	88.6g	22.2g
- sugars (g)	21.5g	5.4g
Sodium (mg)	1877mg	470mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2712kJ (648Cal)	569kJ (136Cal)
Protein (g)	45.2g	9.5g
Fat, total (g)	11.9g	2.5g
- saturated (g)	3g	0.6g
Carbohydrate (g)	86.6g	18.2g
- sugars (g)	21.5g	4.5g
Sodium (mg)	1961mg	412mg

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



Get prepped

- Grate **carrot**.
- Trim and cut **green beans** into thirds.
- Cut **firm tofu (see ingredients)** into 1cm pieces.

Custom Recipe: If you've swapped to chicken breast, cut chicken breast into 2cm chunks.

3



Cook the rice

- Return saucepan to high heat with a drizzle of **olive oil**. Cook **carrot** and **tofu**, stirring, until tender, **2-3 minutes**.
- Reduce heat to medium, then add **mild curry paste (see ingredients)** and **Mumbai spice blend** and cook until fragrant, **1-2 minutes**.
- Stir in **basmati rice** and the **water**, then bring to 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!

Custom Recipe: Cook chicken with carrot, stirring, until tender, 3-4 minutes. Continue with step.

2



Cook the green beans

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans**, tossing regularly, until tender, **4-5 minutes**.
- Transfer to a bowl and set aside.

4



Serve up

- Once rice has finished cooking, stir through green beans and **baby spinach leaves**, until wilted and combined. Season to taste.
- Divide Indian tofu and veggie biryani between bowls. Top with **tamarind chutney** and **Greek-style yoghurt**.
- Sprinkle over **flaked almonds** to serve. Enjoy!

Rate your recipe

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