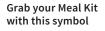


NEW











Green Beans





Firm Tofu





Mumbai Spice Blend

Basmati Rice





Baby Spinach

**Tamarind Chutney** 





Greek-Style Yoghurt

Flaked Almonds



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

**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

<sup>\*</sup>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**

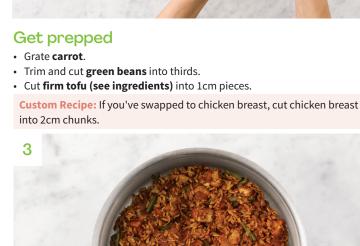
Always read product labels for the most up-to-date allergen information.

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





#### 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.



# 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.



## 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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

