



Bengali Veggie Biryani & Roasted Pumpkin

with Garlic Yoghurt & Tamarind Chutney

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Brown Onion



Curry Leaves



Bengal Curry Paste



Jasmine Rice



Pumpkin



Garlic Paste



Greek-Style Yoghurt



Baby Spinach Leaves



Tamarind Chutney



Flaked Almonds



Chicken Thigh

Prep in: 20-30 mins
Ready in: 40-50 mins



Calorie Smart*

*Custom recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

Get ready for a flavour explosion with our veggie packed Biryani. Roast pumpkin takes centre stage while Bengal-spiced rice is the supporting act. Top it all off with a generous drizzle 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 • Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
brown onion	1	2
curry leaves	1 stem	2 stems
Bengal curry paste	½ packet	1 packet
jasmine rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
pumpkin	1 medium	1 large
garlic paste	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
tamarind chutney	1 medium packet	2 medium packets
flaked almonds	1 medium packet	1 large packet
chicken thigh**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2579kJ (616Cal)	409kJ (98Cal)
Protein (g)	17.5g	2.8g
Fat, total (g)	10.9g	1.7g
- saturated (g)	2g	0.3g
Carbohydrate (g)	109.6g	17.4g
- sugars (g)	39.5g	6.3g
Sodium (mg)	1643mg	261mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3407kJ (814Cal)	429kJ (103Cal)
Protein (g)	47.8g	6g
Fat, total (g)	19.3g	2.4g
- saturated (g)	4.5g	0.6g
Carbohydrate (g)	109.6g	13.8g
- sugars (g)	39.5g	5g
Sodium (mg)	1744mg	219mg

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

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **carrot**.
- Finely chop **brown onion**.
- Pick **curry leaves**.



Make the garlic yoghurt

- When pumpkin has **5 minutes** remaining, in a small heatproof bowl, microwave **garlic paste** with a drizzle of **olive oil** in **10 second** bursts, until fragrant.
- Add **Greek-style yoghurt** to garlic oil mixture and combine. Season to taste.



Start the biryani

- In a large saucepan, heat a generous drizzle of **olive oil** over medium-high heat.
- Add **carrot** and **onion** and cook, stirring, until tender, **2-3 minutes**.
- Add **curry leaves** and **Bengal curry paste (see ingredients)** and cook, until fragrant, **1-2 minutes**.
- Stir in **jasmine rice**, the **water** and a generous pinch of **salt**.
- Bring to the boil. Cover and reduce heat to medium-low. Cook for **14 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, don't peek!



Finish the biryani

- Once biryani has finished cooking, stir through **baby spinach leaves** until wilted. Season to taste.



Roast the pumpkin

- Meanwhile, cut **pumpkin** into thin wedges.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper**, toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: Peel the pumpkin if you prefer!

Custom Recipe: If you've added chicken thigh, add half the Bengal curry paste to saucepan. In a medium bowl, combine chicken thigh, remaining Bengal curry paste and a drizzle of olive oil. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken thigh until browned, 2 minutes each side. Transfer chicken to a lined oven tray and bake until cooked through, 8-12 minutes.



Serve up

- Divide Bengali veggie biryani between bowls.
- Top with roasted pumpkin. Drizzle over garlic yoghurt and **tamarind chutney**.
- Sprinkle over **flaked almonds** to serve. Enjoy!

Custom Recipe: Slice chicken to serve.

Rate your recipe

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