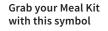


# Bengali Veggie Biryani & Roasted Pumpkin with Garlic Yoghurt & Tamarind Chutney

**EXPLORER** 

CLIMATE SUPERSTAR











**Curry Leaves** 



Bengal Curry Paste







Garlic Paste





**Baby Spinach** 

**Tamarind Chutney** 



Flaked Almonds



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



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.

**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  $\cdot$  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

<sup>\*</sup>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)	<b>429kJ</b> (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.



Did we make your tastebuds happy?

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