



# One-Pot Indian Chicken & Veggie Biryani

with Yoghurt & Coriander

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Chicken Breast



Soffritto Mix



Bengal Curry Paste



Basmati Rice



Baby Spinach Leaves



Greek-Style Yoghurt



Coriander



Chicken Breast

Prep in: 25-35 mins  
Ready in: 35-45 mins



Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*



Eat Me Early

Tonight, we're bringing the hustle and bustle of an Indian night market to your kitchen. Perfect rich Bengali paste is the inspiration for this chicken served with a veggie pilaf - the night markets are now in your kitchen!

**CUSTOM RECIPE**

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar

## 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chicken breast	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
Bengal curry paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1¾ cups	3½ cups
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2439kJ (583Cal)	557kJ (133Cal)
Protein (g)	46.5g	10.6g
Fat, total (g)	8g	1.8g
- saturated (g)	2.1g	0.5g
Carbohydrate (g)	77g	17.6g
- sugars (g)	13.8g	3.2g
Sodium (mg)	1477mg	338mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3153kJ (754Cal)	523kJ (125Cal)
Protein (g)	83.1g	13.8g
Fat, total (g)	10.4g	1.7g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	77.2g	12.8g
- sugars (g)	13.8g	2.3g
Sodium (mg)	1547mg	257mg

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](https://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

- Cut **chicken breast** into 2cm chunks.

**Custom Recipe:** If you've doubled your chicken breast, prepare chicken as above.

3



## Cook the rice

- Add **basmati rice** to the saucepan and stir to coat. Add the **water** and **brown sugar**. Stir then bring to boil.
- Cover with a lid or foil and reduce heat to medium-low. Cook for **12 minutes**, then remove the pan from heat. Keep covered until rice is tender and water is absorbed, **15 minutes**. Stir through **baby spinach leaves** to wilt. Season to taste.

**TIP:** The rice will finish cooking in its own steam so don't peek!

2



## Cook the chicken & veggies

- Heat a large saucepan over high heat with a drizzle of **olive oil**. Cook **chicken**, until just browned, **2-3 minutes**. Season with **salt** and **pepper**.
- Add **soffritto mix** and cook, stirring, until softened, **3-4 minutes**.
- Add **Bengal curry paste** and cook, stirring, until fragrant, **1 minute**.

**Custom Recipe:** Cook chicken in batches for best results.

4



## Serve up

- Divide one-pot Indian chicken and veggie biryani between bowls.
- Dollop with **Greek-style yoghurt** and tear **coriander** over to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)