

Roast Cauliflower Biryani

with Currants, Almonds & Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Cauliflower



Carrot



Brown Onion



Garlic



Mumbai Spice Blend



Bengal Curry Paste



Basmati Rice



Currants



Vegetable Stock Pot



Roasted Almonds



Coriander



Long Chilli (Optional)



Greek-Style Yoghurt



Chicken Breast



Peeled Prawns

Prep in: 25-35 mins
Ready in: 40-50 mins

Calorie Smart

Curry on rice is all well and good, but when the rice itself is cooked with the curry paste? Now that's magical. Studded with sweet currants, fresh herbs and roasted cauliflower, this Indian-inspired dish delivers flavour with every bite.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
carrot	1	2
brown onion	½	1
garlic	1 clove	2 cloves
Mumbai spice blend	1 medium sachet	1 large sachet
Bengal curry paste	½ packet	1 packet
basmati rice	1 medium packet	1 large packet
currants	1 medium sachet	2 medium sachets
water*	1½ cups	3 cups
vegetable stock pot	1 packet	2 packets
roasted almonds	1 medium packet	1 large packet
coriander	1 packet	1 packet
long chilli  (optional)	½	1
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2509kJ (600Cal)	522kJ (125Cal)
Protein (g)	16.5g	3.4g
Fat, total (g)	18.5g	3.8g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	90.2g	18.8g
- sugars (g)	24.5g	5.1g
Sodium (mg)	1950mg	405mg
Dietary Fibre (g)	18.9g	3.9g

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

2024 | CW31



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Chop **cauliflower** into small florets.
- Thickly slice **carrot** into half-moons.
- Thinly slice **brown onion** (see ingredients).
- Finely chop **garlic**.



Add the rice & currants

- Add **basmati rice** and **currants**, stirring to coat.
- Add the **water** and **vegetable stock pot**, then bring to the 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!



Roast the cauliflower & carrot

- Place **cauliflower** and **carrot** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Mumbai spice blend** and season with **salt** and **pepper**.
- Toss to coat. Roast until tender and brown around the edges, **20-25 minutes**.



Finish the biryani

- Meanwhile, roughly chop **roasted almonds**.
- Roughly chop **coriander**.
- When rice is done, stir through **roasted veggies** and **almonds**.



Start the biryani

- Meanwhile, heat a drizzle of **olive oil** in a large frying pan over medium-high heat.
- Cook **onion**, stirring, until slightly softened, **4-5 minutes**.
- Add another drizzle of **olive oil**, **Bengal curry paste** (see ingredients) and **garlic** and cook, stirring, until fragrant, **1 minute**.



Serve up

- Thinly slice **long chilli** (if using).
- Divide roast cauliflower biryani between bowls.
- Top with a dollop of **Greek-style yoghurt**.
- Sprinkle with **chilli** and coriander to serve. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

