

# Golden Bengali Roast Pumpkin Biryani

with Yoghurt & Flaked Almonds

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Pea Pods



Garlic



Pumpkin



Bengal Curry Paste



Mumbai Spice Blend



Basmati Rice



Currants



Baby Spinach Leaves



Greek-Style Yoghurt



Flaked Almonds



Chicken Breast



Beef Rump

### Recipe Update

We've replaced the green beans in this recipe with pea pods due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Calorie Smart

This biryani is packed full of flavours and colours, with pea pods, currants and roasted pumpkin all contributing to the rainbow! Like a hug in a bowl, this warming dish is the perfect comforting meal.

### 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 saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pea pods	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
pumpkin	1 medium	1 large
Bengal curry paste	½ packet	1 packet
Mumbai spice blend	1 medium sachet	2 medium sachets
basmati rice	1 medium packet	1 large packet
currants	1 medium sachet	2 medium packets
<b>water*</b>	1¾ cups	3½ cups
<b>salt*</b>	¼ tsp	½ tsp
baby spinach leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2518kJ (602cal)	216kJ (52cal)
Protein (g)	17.7g	1.5g
Fat, total (g)	14g	1.2g
- saturated (g)	2.7g	0.2g
Carbohydrate (g)	99.2g	8.5g
- sugars (g)	29.5g	2.5g
Sodium (mg)	1637mg	140.2mg
Dietary Fibre (g)	19.1g	1.6g

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.



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Trim **pea pods** and slice into thirds.
- Finely chop **garlic**.
- Cut **pumpkin** into bite-sized chunks.

**TIP:** Peel the pumpkin if you prefer and scrape out the seeds, if necessary!



## Add the rice

- Add **basmati rice** and **currants** to the pan and stir to coat.
- Add the **water** and **salt**. Stir, then bring to the boil.
- Cover with a lid and reduce heat to medium-low. Cook for **12 minutes**, then remove pan from the heat and keep covered until rice is tender and water is absorbed, **15 minutes**.

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



## Roast the pumpkin

- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



## Finish the pilaf

- When the rice is done, add **baby spinach leaves** and **pea pods** to the pilaf and stir until leaves are just wilted.
- Season to taste with **salt** and **pepper**.



## Start the pilaf

- While the pumpkin is roasting, in a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **pea pods**, stirring, until softened, **4-5 minutes**. Transfer to a plate.
- **SPICY!** This is a mild curry paste, but use less if you're sensitive to heat! Return saucepan to medium-high heat with a drizzle of **olive oil**. Add **Bengal curry paste** (see ingredients), **Mumbai spice blend** and **garlic** and cook until fragrant, **1 minute**.



## Serve up

- Divide golden Bengali biryani between bowls.
- Top with roasted pumpkin.
- Dollop with **Greek-style yoghurt**. Garnish with **flaked almonds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

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

#### + ADD BEEF RUMP

In a large frying pan, cook with a drizzle of olive oil, turning, for 4-6 minutes for medium. Transfer to a plate to rest. Slice before serving.

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

