

Onion Bhaji & Beef Biryani

with DIY Coriander Chutney & Yoghurt

SKILL UP

NEW

Grab your meal kit with this number

37



Garlic



Brown Onion



Carrot



Tomato



Coriander



Lime



Beef Mince



Bengal Curry Paste



Ginger Paste



Jasmine Rice



Chicken Stock Pot



Mumbai Spice Blend



Cornflour



Greek-Style Yoghurt



Beef Mince



Chicken Breast

Prep in: 30-40 mins
Ready in: 45-55 mins

Here to challenge your inner chefs, our new 'skill up' recipes will take you from zero to hero. Hailing from India's street food markets, learn how to make 'bhaji', an onion-based fritter that comes to life when it crisps up in the pan. Cool everything down with a DIY coriander chutney and serve it all on a bed of rice!

Pantry items

Olive Oil, Plain Flour

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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	1	2
carrot	1	2
tomato	1	2
coriander	1 packet	1 packet
lime	½	1
beef mince	1 medium packet	2 medium packets OR 1 large packet
Bengal curry paste	½ packet	1 packet
ginger paste	1 medium packet	1 large packet
jasmine rice	1 medium packet	1 large packet
chicken stock pot	½ packet	1 packet
water* (for the rice)	1½ cups	3 cups
Mumbai spice blend	1 medium sachet	1 large sachet
cornflour	1 large packet	2 large packets
plain flour*	1 tsp	2 tsp
water* (for the onion)	2 tbs	¼ cup
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3430kJ (820cal)	286kJ (68cal)
Protein (g)	38.8g	3.2g
Fat, total (g)	25.7g	2.1g
- saturated (g)	8g	0.7g
Carbohydrate (g)	104.5g	8.7g
- sugars (g)	20g	1.7g
Sodium (mg)	2472mg	206.3mg
Dietary Fibre (g)	14.9g	1.2g

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.



Get prepped

- Finely chop **garlic**.
- Thinly slice **brown onion**.
- Grate **carrot**.
- Roughly chop **tomato** and **coriander**.
- Slice **lime** into wedges.

TIP: *Thinly slicing the onion helps bind the onion bhaji better!*



Make the coriander chutney

- While the rice is cooking, using a pestle and mortar, pound **coriander** (reserve a pinch for garnish), the remaining **ginger paste** and a pinch of **sugar**, until your preferred consistency.
- Stir in a good squeeze of **lime juice**, a drizzle of **olive oil** and a splash of **water**. Season with **salt** and **pepper**. Set aside.

TIP: *If you don't have a pestle and mortar, you can combine ingredients in a food processor or finely chop with a knife.*

TIP: *Add a little more water if chutney is too thick.*



Start the biryani

- Heat a large saucepan over high heat.
- Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **carrot** and cook, stirring, until tender, **2-3 minutes**.



Cook the onion bhaji

- In a medium bowl, combine **onion**, **Mumbai spice blend**, **cornflour**, the **plain flour** and **water (for the onion)**.
- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, add heaped tablespoons of **onion mixture** in batches and flatten with a spatula. You should get 2-3 bhajis per person.
- Cook until golden, **3-4 minutes** each side (don't flip too early!). Transfer to a paper towel-lined plate and season with a pinch of **salt**.

TIP: *Add extra olive oil between batches as needed.*



Cook the biryani

- Add **Bengal curry paste** (see ingredients), **garlic** and half of the **ginger paste**, and cook until fragrant, **1 minute**.
- Stir in **jasmine rice**, **chicken stock pot** (see ingredients) and the **water (for the rice)**, then bring to the boil.
- Cover and reduce heat to medium-low. Cook for **12 minutes**, then remove from the heat and keep covered until rice is tender and the water is absorbed, **15 minutes**.
- Add **tomato** to biryani and toss to combine.

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



Serve up

- Divide beef biryani between bowls, then top with onion bhajis. Garnish with the reserved coriander.
- Serve with DIY coriander chutney and **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

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

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

