



One-Pot Indian Tofu & Veggie Biryani

with Tamarind Chutney & Flaked Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Carrot



Green Beans



Firm Tofu



White Rice



Bengal Curry Paste



Mumbai Spice Blend



Vegetable Stock Pot



Baby Spinach Leaves



Tamarind Chutney



Greek-Style Yoghurt



Flaked Almonds



Chicken Breast



Greek-Style Yoghurt

Prep in: 20-30 mins
Ready in: 45-55 mins



Get ready for a flavour explosion with our veggie-packed biryani. Mumbai-spiced tofu takes centre stage while our curry paste is the supporting act. Top it all off with a generous dollop of creamy yoghurt and our sweet tamarind chutney.

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

Large saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|---------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| green beans | 1 small packet | 1 medium packet |
| firm tofu | ½ packet | 1 packet |
| white rice | 1 medium packet | 1 large packet |
| Bengal curry paste | ½ packet | 1 packet |
| Mumbai spice blend | 1 medium sachet | 1 large sachet |
| water* | 1¼ cups | 2½ cups |
| vegetable stock pot | ½ medium packet | 1 medium packet |
| baby spinach leaves | 1 small packet | 1 medium packet |
| tamarind chutney | 1 packet | 2 packets |
| 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) | 2391kJ (571Cal) | 599kJ (143Cal) |
| Protein (g) | 23.4g | 5.9g |
| Fat, total (g) | 12.8g | 3.2g |
| - saturated (g) | 2.6g | 0.7g |
| Carbohydrate (g) | 86.1g | 21.6g |
| - sugars (g) | 22.5g | 5.6g |
| Sodium (mg) | 1869mg | 468mg |
| Dietary Fibre (g) | 12.4g | 3.1g |

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.

1



Get prepped

- Grate **carrot**.
- Trim and cut **green beans** into thirds.
- Cut **firm tofu (see ingredients)** into 1cm pieces.
- Rinse and drain **white rice**. Set aside.

3



Cook the rice

- Return saucepan to high heat with a drizzle of **olive oil**. Cook **carrot** and **tofu**, stirring, until tender, **2-3 minutes**.
- Reduce heat to medium, then add **Bengal curry paste (see ingredients)** and **Mumbai spice blend** and cook until fragrant, **1-2 minutes**.
- Stir in **rice**, the **water** and **vegetable stock pot (see ingredients)**, then bring to boil.
- Cover with a lid 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!

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Stir through biryani with spinach to serve.



DOUBLE GREEK-STYLE YOGHURT

Follow method above.

2



Cook the green beans

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans**, tossing regularly, until tender, **4-5 minutes**. Transfer to a bowl and set aside.

4



Serve up

- Once rice has finished cooking, stir through green beans and **baby spinach leaves**, until wilted and combined. Season to taste.
- Divide one-pot Indian tofu and veggie biryani between bowls.
- Top with **tamarind chutney** and **Greek-style yogurt**.
- Sprinkle over **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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

