

One-Pot Indian Tofu & Veggie Biryani

with Tamarind Chutney & Flaked Almonds

CLIMATE SUPERSTAR



Grab your meal kit with this number







Green Beans



Firm Tofu



White Rice



Bengal Curry



Paste



Vegetable Stock



Baby Spinach

Mumbai Spice

Blend



Tamarind Chutney



Greek-Style Yoghurt



Flaked Almonds





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

9		
	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

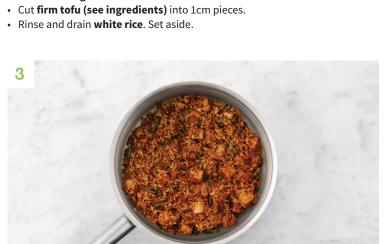
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Grate carrot.
- Trim and cut green beans into thirds.



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**.



Cook the green beans

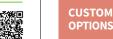
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook green beans, tossing regularly, until tender, 4-5 minutes. Transfer to a bowl and set aside.



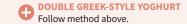
Serve up

- 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!

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



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



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

