



# One-Pot Chicken & Spinach Biryani

with Currants, Greek-Style Yoghurt & Flaked Almonds

HARMONY WEEK

Grab your Meal Kit with this symbol



Carrot



Chicken Thigh



Mumbai Spice Blend



Bengal Curry Paste



Currants



Basmati Rice



Chicken Stock Pot



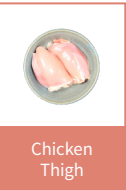
Baby Spinach Leaves



Greek-Style Yoghurt



Flaked Almonds



Chicken Thigh

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me Early

South Asian biryani is an Indian delicacy, traditionally cooked in times of celebration. This Harmony Week, come together with this one-pot wonder, which is infused with spices from across India. Simply throw it all in the pot and watch the ingredients soak up the unforgettable flavours!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
chicken thigh	1 small packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
Bengal curry paste	½ packet	1 packet
currants	1 medium packet	1 large packet
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1¾ cups	3½ cups
chicken stock pot	1 packet (20g)	2 packets (40g)
baby spinach leaves	1 medium bag	1 large bag
Greek-style yoghurt		
flaked almonds	1 medium packet	1 large packet
chicken thigh**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2729kJ (652Cal)	615kJ (147Cal)
Protein (g)	41.4g	9.3g
Fat, total (g)	16.2g	3.6g
- saturated (g)	4.1g	0.9g
Carbohydrate (g)	82.8g	18.6g
- sugars (g)	18.8g	4.2g
Sodium (mg)	2020mg	455mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3548kJ (848Cal)	633kJ (151Cal)
Protein (g)	75.1g	13.4g
Fat, total (g)	39.9g	7.1g
- saturated (g)	6g	1.1g
Carbohydrate (g)	44.7g	8g
- sugars (g)	9.6g	1.7g
Sodium (mg)	972mg	174mg

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

- Grate **carrot**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **Mumbai spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken**, turning to coat.

**Custom Recipe:** If you've doubled your chicken thigh, prepare as above.



## Cook the chicken

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a plate and cover to keep warm.

**Custom Recipe:** For best results, cook chicken in batches.



## Cook the veg

- Wipe out saucepan and return to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, stirring, until tender, **2-3 minutes**.
- Add **Bengal curry paste** (see ingredients) and cook until fragrant, **1 minute**.



## Start the biryani

- To pan, stir in **currants**, **basmati rice**, the **water** and **chicken 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!



## Finish the biryani

- Once rice has finished cooking, stir through cooked **chicken** and **baby spinach leaves**, until wilted and combined. Season to taste.



## Serve up

- Divide chicken & veggie biryani between bowls. Top with **Greek-style yoghurt**.
- 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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## Rate your recipe

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