



# FRAGRANT ONE-PAN VEGGIE BIRYANI

with Roasted Cashews & Greek Yoghurt



Make a one-pan biryani



Brown Onion



Garlic



Ginger



Sliced Mushrooms



Cauliflower



Mild North Indian Spice Blend



Basmati Rice



Vegetable Stock



Coriander



Greek Yoghurt



Roasted Cashews



Baby Spinach Leaves

Hands-on: **25 mins**  
Ready in: **35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Hallelujah, it's a one-pan wonder! This fragrant biryani with mushrooms and cauliflower is a guaranteed crowd pleaser – especially for the person washing up.

*Pantry Staples: Olive Oil*



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **fine grater**, **large frying pan** with a **lid** and a **wooden spoon**.



### 1 GET PREPPED

Thinly slice the **brown onion**. Peel and crush the **garlic**. Finely grate the **ginger** (unpeeled).



### 2 COOK THE ONION & GARLIC

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion**, **garlic** and **ginger** and cook for **5 minutes**, or until softened.



### 3 ADD THE VEGGIES

While the onion and garlic are cooking, roughly chop the **cauliflower** (florets and stalks) into 2 cm pieces. Add another **drizzle** of **olive oil**, the **sliced mushrooms** and the cauliflower to the pan with the onion. Cook for **3 minutes**, or until the mushrooms have browned. Add the **mild North Indian spice blend** (use suggested amount) and the **salt** (use suggested amount) and cook for **1 minute**, or until fragrant.



### 4 COOK THE BIRYANI

Add the **basmati rice** to the pan and stir to coat in the spice. Add the **water** (check the ingredients list for the amount) and crumble in the **vegetable stock** cube. Bring to the boil, then cover with a lid and reduce the heat to low. Simmer for **17-18 minutes**, or until the rice is soft and the liquid has been absorbed.

**TIP:** Refrain from lifting the lid too often! This allows the steam to escape and slows down the cooking process. Season to taste with a **pinch** of **salt** and **pepper**.



### 5 PREP THE CORIANDER

While the rice is simmering, roughly chop the **coriander** leaves.

Once the biryani is cooked, stir through the **baby spinach leaves** until just wilted.



### 6 SERVE UP

Divide the veggie biryani between plates and top with a dollop of **Greek yoghurt**. Sprinkle over the **roasted cashews** and the coriander.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
sliced mushrooms	1 punnet	1 punnet
cauliflower	1 portion	2 portions
mild North Indian spice blend	1 ½ sachets (1 ½ tbs)	3 sachets (3 tbs)
salt*	¼ tsp	½ tsp
basmati rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water*	1 ½ cups	3 cups
vegetable stock	1 cube	2 cubes
coriander	1 bunch	1 bunch
baby spinach leaves	1 bag	1 bag
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
roasted cashews	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (679Cal)	361kJ (86Cal)
Protein (g)	21.7g	2.8g
Fat, total (g)	24.3g	3.1g
- saturated (g)	4.8g	0.6g
Carbohydrate (g)	87.1g	11.1g
- sugars (g)	21.4g	2.7g
Sodium (g)	585mg	74mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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