



Roast Pumpkin & Turnip Biryani

with Currants, Almonds & Yoghurt

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Turnip



Brown Onion



Carrot



Garlic



Mild North Indian Spice Blend



Basmati Rice



Currants



Vegetable Stock Powder



Roasted Almonds



Baby Spinach Leaves



Crispy Shallots



Coriander



Bengal Curry Paste




Ginger Paste



Greek-Style Yoghurt

 **Recipe Update**
Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 35-45 mins
 Naturally Gluten-Free
Not suitable for coeliacs

Biryani – the fragrant rice dish hailing from the Indian subcontinent – gets a twist with this vibrant vegetarian version. Complete the dish with roasted almonds and crispy shallots for crunch, yoghurt for creaminess and tang, and coriander for some zing - all of which complement the mildly spiced roast veg.

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

Oven tray lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
turnip	1	2
brown onion	½	1
carrot	1	2
garlic	2 cloves	4 cloves
peeled & chopped pumpkin	1 small packet	1 medium packet
mild North Indian spice blend	1 medium sachet	1 large sachet
Bengal curry paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
basmati rice	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
water*	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
roasted almonds	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2790kJ (666Cal)	522kJ (124Cal)
Protein (g)	17.4g	3.3g
Fat, total (g)	24.4g	4.6g
- saturated (g)	4.6g	0.9g
Carbohydrate (g)	100.5g	18.8g
- sugars (g)	29.9g	5.6g
Sodium (mg)	2119mg	397mg

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://www.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

- Preheat oven to **240°C/200°C fan-forced**.
- Peel **turnip**, then cut into bite-sized chunks.
- Thinly slice **brown onion** (see ingredients).
- Thinly slice **carrot** into rounds.
- Finely chop **garlic**.



Add the rice & currants

- Add **basmati rice** and **currants**, stirring to coat. Add the **water** and **vegetable stock powder**, then bring to the boil.
- Cover, reduce heat to medium-low and simmer until rice is tender and water is absorbed, **16-18 minutes**.

TIP: Add a little extra water if the liquid is absorbed before the rice is tender!



Roast the veggies

- Place **peeled & chopped pumpkin** and **turnip** on a lined oven tray.
- Drizzle generously with **olive oil**, sprinkle with **mild North Indian spice blend** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two oven trays.



Finish the biryani

- While the biryani is cooking, roughly chop **roasted almonds**.
- When the biryani is ready, add **baby spinach leaves** and stir through until just wilted. Stir through **almonds** and roast **veggies**.
- Season to taste with **salt** and **pepper**.

TIP: Seasoning is key in this dish! Taste and season with more salt and pepper if needed.



Start the biryani

- Meanwhile, heat a large saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **onion** and **carrot**, stirring, until onion is softened, **5 minutes**.
- Add **Bengal curry paste**, **ginger paste** and **garlic** and cook, stirring, until fragrant, **1 minute**.



Serve up

- Divide roast pumpkin and turnip biryani between bowls.
- Top with a dollop of **Greek-style yoghurt**.
- Sprinkle with **crispy shallots**.
- Tear over **coriander** leaves to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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