



SPICED PANEER BIRYANI

with Cucumber Raita



Make a paneer biryani



Brown Onion



Carrot



Garlic



Bengal Curry Paste



Basmati Rice



Currants



Vegetable Stock



Cucumber



Greek Yoghurt



Coriander



Paneer



Mild North Indian Spice Blend



Baby Spinach Leaves



Hands-on: **30 mins**

Ready in: **35 mins**



Naturally gluten-free

Not suitable for Coeliacs

Forget what you think you know about biryani - this veggie version, using paneer instead of lamb, just goes to show that rules are made to be broken! It's sweet, spicy, satisfying and just the thing to warm you up on a chilly night.

Pantry Staples: Olive Oil, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large saucepan** with a **lid**
- **medium frying pan**



1 GET PREPPED

Thinly slice the **brown onion** (see **ingredients list**). Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press).



2 COOK THE BIRYANI

In a large saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook until softened, **3-4 minutes**. Add the **Bengal curry paste** (see **ingredients list**) and **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, **currants**, the **water**, **brown sugar** and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir to dissolve the stock then bring to the boil. Cover, reduce the heat to medium-low and simmer until the water is absorbed and rice is tender, **16-18 minutes**. **TIP:** Add a little extra water if the liquid is absorbed before the rice is done!



3 MAKE THE CUCUMBER RAITA

While the biryani is cooking, grate **1/2** the **cucumber** and finely chop the remainder. In a medium bowl, combine the **cucumber** (both grated and chopped), **Greek yoghurt** and a **pinch** of **salt** and **pepper**. Roughly chop the **coriander**.



4 COOK THE PANEER

Cut the **paneer** into 1cm cubes. In a medium bowl, combine the paneer, **mild North Indian spice blend**, a **good pinch** of **salt** and a **drizzle** of **olive oil**. Toss to coat. In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the paneer and cook, tossing, until browned, **3-4 minutes**. Season to taste with **salt** and **pepper**, then transfer to a plate.



5 FINISH THE BIRYANI

Once the rice is done, add the **baby spinach leaves** and stir until just wilted. Stir through the spiced **paneer** and season to taste with **salt** and **pepper**. **TIP:** Seasoning is key in this dish! Taste and season with more salt and pepper if you think it needs it.



6 SERVE UP

Divide the spiced paneer biryani between bowls and top with a dollop of the cucumber raita. Sprinkle with the coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	½	1
carrot	1	2
garlic	2 cloves	4 cloves
Bengal curry paste	¾ tub (75 g)	1½ tubs (150 g)
basmati rice	1 packet	2 packets
currants	1 packet	2 packets
water*	1½ cups	3 cups
brown sugar*	1 tsp	2 tsp
vegetable stock	1 cube	2 cubes
cucumber	1	2
Greek yoghurt	1 packet (100 g)	2 packets (200 g)
coriander	1 bag	1 bag
paneer	1 block	2 blocks
mild North Indian spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3340kJ (798Cal)	651kJ (155Cal)
Protein (g)	32.1g	6.3g
Fat, total (g)	28.8g	5.6g
- saturated (g)	16.8g	3.3g
Carbohydrate (g)	97.3g	19.0g
- sugars (g)	25.6g	5.0g
Sodium (g)	1570mg	307mg

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

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