

SPICED PANEER BIRYANI

with Cucumber Raita





Make a paneer biryani











Basmati Rice



Currants





Vegetable Stock







Greek Yoghurt



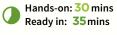
Coriander



Paneer

Mild North Indian Spice Blend





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.

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



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!



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.



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.



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

ENJOY!

INGREDIENTS

	,	,
	2P	4P
olive oil*	refer to method	refer to method
brown onion	1/2	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**

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