



Cooking Made Easy

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Bang Bang Veggie Bangladeshi Biryani

There are certain people who have been with us since the beginning and the adorable Shelly at Bang Curry is one of those people. Shelly is a total ray of sunshine and every so often we call each other to catch up on the goss' and talk recipes. This latest spice from her kitchen is a total banger and you can see the whole range, as well as meeting the lady herself, at: bangcurry.co.uk



40 min



gluten free



veggie



spicy



Basmati Rice



Onion



Garlic Clove



Vine Tomatoes



Bang Curry Spice:
Warm Moghul



Sweet Potato



Green Beans



Coriander



Mint



Flaked Almonds



Lime



Feta Cheese

Ingredients

	2P	4P
Basmati Rice	1 cup	2 cups
Onion, sliced	1 cup	1½ cups
Garlic Clove, diced	1	2
Vine Tomatoes, cubed	2	3
Bang Curry Spice: Warm Moghul	1 pack	2 packs
Sweet Potato, cubed	1 cup	2 cups
Green Beans	⅓ cup	½ cup
Coriander, chopped	3 tbsp	5 tbsp
Mint, chopped	3 tbsp	5 tbsp
Flaked Almonds 1	3 tbsp	5 tbsp
Lime	½	1
Feta Cheese, crumbled 2	3 tbsp	5 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Nut | 2) Milk

Nutrition per serving: Calories: 618 kcal | Protein: 21 g | Carbs: 96 g | Fat: 17 g | Saturated Fat: 8 g



2

1 Boil 350ml of water (exactly) in a pot with ¼ tsp of salt. Pour the rice into the pot, turn the heat to its lowest setting and put a lid on top. Leave the rice on lowest heat for 10 mins, then rest off the heat for 10 mins. **Tip:** Do not lift the lid until 20 mins are up or the rice won't cook.



3

2 Peel and chop the onion in half lengthways. Slice the onion very thinly into half-moons. Peel and very finely dice the garlic. Chop the tomatoes into 2cm cubes. Chop the very tops and bottoms off your green beans, and chop into thirds.



4

3 Heat 1 tbsp of olive oil in a frying pan on medium-low heat. Add the onions with ¼ tsp of salt and gently cook for 8 mins. For the last 2 mins add the curry spice and the garlic.



5

4 Boil another pot of water with ½ tsp of salt. Peel and chop the sweet potato into (roughly) 1cm cubes. Boil the potatoes for 5 mins and then drain them.

5 Add the sweet potato, the tomato chunks and beans to the spicy onion mix. Add ¼ cup of water, place a lid on the frying pan and cook on low heat for 6 mins. Roughly chop your coriander and mint. **Tip:** If you don't have a heat proof lid, you can always place a baking tray on top of the pan.

6 Tip the rice and three quarters of the almonds into the pan and mix everything together. Roll the lime firmly between your palm and the work surface then cut it in half. Squeeze over the juice of half the lime. Take off the heat and stir through the crumbled feta and the chopped fresh herbs.

7 Top with the remaining flaked almonds and tuck in.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!