

# Banana Blossom & Broccoli Biryani

with Garlic Dip & Flaked Almonds

Grab your Meal Kit with this symbol



Carrot



Broccoli



Onion



Garlic



Banana Blossom



Flaked Almonds



Mumbai Spice Blend



Tomato Paste



Basmati Rice



Masala Paste



Salad Leaves



Garlic Dip

### Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

 Plant Based

Curry on rice is all well and good, but when the rice itself is cooked with masala paste and infused it all its wonderful flavours? Now that's magical. Packed with our favourite veggie delights; banana blossom and broccoli, then finished with a punchy garlic dip, this dish packs 'wow-factor' into every bite.

### Pantry items

Olive Oil, Plant-Based Butter

## 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

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
broccoli	1 head	2 heads
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
banana blossom	1 tin	2 tins
flaked almonds	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
basmati rice	1 packet	1 packet
warm water*	1½ cups	3 cups
masala paste	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag
plant-based butter*	30g	60g
garlic dip	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3201kJ (765Cal)	508kJ (121Cal)
Protein (g)	15.8g	2.5g
Fat, total (g)	35.5g	5.6g
- saturated (g)	10g	1.6g
Carbohydrate (g)	94.2g	15g
- sugars (g)	14.8g	2.4g
Sodium (mg)	1047mg	166mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** into bite-sized chunks. Cut the **broccoli** into small florets, then roughly chop the stalk. Slice the **onion** into wedges. Finely chop the **garlic**. Drain and rinse the **banana blossom**, then cut into bite-sized chunks. Heat a large saucepan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside.



## Roast the veggies

Place the **carrot** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



## Start the biryani

While the veggies are roasting, return the saucepan to a medium-high heat with a drizzle of **olive oil**. Cook the **broccoli**, tossing, until tender, **6-7 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic**, **Mumbai spice blend** and **tomato paste**, stirring, until fragrant, **1 minute**. Add the **banana blossom** and **basmati rice** and stir to coat.



## Simmer the biryani

Add the **warm water**, stir to combine, then bring to the boil. Cover with a lid and reduce the heat to medium-low. Simmer for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** *The rice will finish cooking in its own steam so don't peek!*



## Finish the biryani

When the rice is done, gently stir through the **masala paste**, **roasted veggies**, **broccoli**, **salad leaves** and the **plant-based butter**.



## Serve up

Divide the banana blossom and broccoli biryani between bowls. Top with the **garlic dip** and toasted almonds to serve.

## Enjoy!