



# PORK BIRYANI

with Mangetout and Carrot



## HELLO NIGELLA SEEDS

Also known as kalonji or black cumin seeds, this seed belongs to the buttercup family of flowering plants.



Echalion Shallot



Garlic Clove



Carrot



Red Chilli



Pork Mince



Zanzibar Curry Powder



Basmati Rice



Chicken Stock Powder



Mangetout



Flaked Almonds



Nigella Seeds



Natural Yoghurt



Mango Chutney

MEAL BAG

Hands on: **10** mins  
Total: **35** mins

**1** of your  
**5** a day

Medium heat

Some might think that Biryani isn't family friendly, but our chefs have worked hard with suppliers to make our custom Zanzibar style curry powder fragrant with just the right amount of kick. It's totally kid friendly! We've also added some gorgeous mango chutney yoghurt to cool things off, for those who don't like spice. It's so fragrant and tasty it's bound to get everyone excited for dinner!



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Peeler**, **Coarse Grater**, **Large Saucepan** (with a **Lid**), **Measuring Jug** and **Frying Pan**. Now, let's get cooking!



### 1 PREP TIME

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, peel, then grate on the coarse side of your grater. Halve the **red chilli** lengthways, deseed and finely chop. Fill and boil your kettle.



### 2 START THE BIRYANI

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **shallot** and cook, stirring, until soft, 3-4 mins. Add the **garlic** and cook, stirring, for another minute. Now turn up the heat a little and add the **pork mince**. Cook, stirring and breaking it up with a wooden spoon until browned, 5 mins. Add the **carrot** and **Zanzibar curry powder** (careful it's hot!), stir and cook for 1 minute. Stir in the **rice**.



### 3 COOK THE RICE

Pour the **water** (see ingredients for amount) into the pan along with the **stock powder**. Lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then add the **mangetout** (don't stir!) and pop the lid back on. Remove the pan from the heat and leave to the side for another 10 mins or until ready to serve (the **rice** and **mangetout** will continue to cook in their own steam).

**! IMPORTANT:** The pork mince is cooked when it is no longer pink in the middle.



### 4 TOAST THE TOPPINGS

While the rice cooks, put a frying pan on medium-high heat. When hot, add the **flaked almonds** and **nigella seeds** and cook until the **almonds** are golden, 1-2 mins. Toss them regularly to make sure they don't burn! When they are toasted, remove them from the pan to a small bowl.



### 5 MAKE THE DRESSING

Spoon the **yoghurt** into another small bowl. Add **half** the **mango chutney** and stir together well. When the **biryani** is cooked remove the lid and carefully fold the **mangetout** through the **mixture**. Biryani done! Stir in the remaining **mango chutney**, taste and season with a pinch of **salt** and **pepper** if necessary.



### 6 FINISH AND SERVE

To keep it simple, spoon the **biryani** into bowls and drizzle with a little **mango yoghurt dressing**, if liked. Or, for a twist, stir some of the chopped **red chilli** through the **biryani** and serve it in bowls sprinkled with the **almonds** and **nigella seeds**, more **red chilli** (if you want a kick!) and a drizzle of mango yoghurt dressing. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	1	2
Garlic Clove *	1	1	1
Carrot *	1	1	2
Red Chilli *	½	½	½
Pork Mince *	250g	375g	500g
Zanzibar Curry Powder 9)	1 small pot	¾ large pot	1 large pot
Basmati Rice	150g	225g	300g
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	½ sachet	1 sachet
Mangetout *	1 pack	1½ packs	2 packs
Flaked Almonds 2)	1 bag	1½ bags	2 bags
Nigella Seeds	½ pot	¾ pot	1 pot
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch
Mango Chutney	½ pot	¾ pot	1 pot

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 427G	PER 100G
Energy (kJ/kcal)	2598 / 621	608 / 145
Fat (g)	18	4
Sat. Fat (g)	5	1
Carbohydrate (g)	77	18
Sugars (g)	17	4
Protein (g)	37	9
Salt (g)	1.00	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

2) Nut 7) Milk 9) Mustard

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

#### THUMBS UP OR THUMBS DOWN?

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