



Roasted Broccoli Bengali Biryani

with Currants & Roasted Almonds

Grab your Meal Kit with this symbol



Broccoli



Carrot



Brown Onion



Garlic



Bengal Curry Paste



Mumbai Spice Blend



Basmati Rice



Currants



Vegetable Stock



Mint



Cucumber



Yoghurt



Roasted Almonds



Long Green Chilli (Optional)

- Hands-on: **25-35 mins**
- Ready in: **40-50 mins**
- Spicy (optional long green chilli)

Get ready for this bright, bold and beautiful meal that combines a touch of heat from aromatic spices with the sweetness of currants and the cooling flavours of mint and yoghurt. You'll be surprised at how easy it is to make this restaurant-quality dinner at home!

Pantry items

Olive Oil

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

Oven tray lined with baking paper
Large frying pan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
carrot	1	2
brown onion	½	1
garlic	1 clove	2 cloves
Bengal curry paste	1 packet (50g)	1 packet (100g)
Mumbai spice blend	1 sachet	2 sachets
basmati rice	1 packet	2 packets
currants	1 packet	2 packets
warm water*	1½ cups	3 cups
vegetable stock	1 sachet	1 sachet
mint	1 bunch	1 bunch
cucumber	1 (medium)	1 (large)
yoghurt	1 small packet	1 large packet
roasted almonds	1 packet	2 packets
long green chilli (optional)	½	1

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2390kJ (570Cal)	509kJ (122Cal)
Protein (g)	19.2g	4.1g
Fat, total (g)	10.9g	2.3g
- saturated (g)	1.6g	0.3g
Carbohydrate (g)	86.6g	18.5g
- sugars (g)	17.7g	3.8g
Sodium (mg)	1400mg	299mg

Allergens

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

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



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **carrot** (unpeeled). Place the **broccoli** and **carrot** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat. Roast until tender and brown around the edges, **20 minutes**.

TIP: Spread the veggies across two trays if they can't fit in a single layer!

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Add the rice

Add the **basmati rice** and **currants** to the pan and stir to coat. Add the **warm water** and the **vegetable stock**. Stir to dissolve the stock, then bring to the boil. Cover with a lid and reduce the heat to medium-low. Cook 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!



2. Get prepped

While the veggies are roasting, thinly slice the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press).



3. Start the biryani

In a large deep frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **5 minutes**. Add another **drizzle** of **olive oil**, the **Bengal curry paste**, **garlic** and **Mumbai spice blend** and cook, stirring, until fragrant, **1 minute**.



5. Finish the biryani & garnishes

While the biryani is cooking, pick and roughly chop the **mint** leaves (reserve some leaves for garnish!). Grate the **cucumber** (or finely chop if you prefer). In a small bowl, combine the **mint**, **cucumber** and **yoghurt**. Season to taste with **salt** and **pepper**. Roughly chop the **roasted almonds**. Thinly slice the **long green chilli** (see ingredients list), if using. When the biryani is done, stir through the roasted **veggies**.

6. Serve up

Divide the roasted broccoli biryani between bowls and top with cucumber raita and roasted almonds. Sprinkle with the chilli (if using) and reserved mint leaves.

Enjoy!