



# Roasted Cauliflower Biryani

with Currants & Almonds

Grab your Meal Kit with this symbol



Cauliflower



Brown Onion



Carrot



Garlic



Bengal Curry Paste



Mumbai Spice Blend



Chilli Flakes (Optional)



Basmati Rice



Currants



Vegetable Stock Powder



Coriander



Roasted Almonds



Yoghurt

Hands-on: **25-35 mins**  
 Ready in: **40-50 mins**

Spicy (optional chilli flakes)

Curry on rice is all well and good, but when the rice itself is cooked with the curry paste? Now that's magical. Studded with sweet currants, fresh coriander and roasted cauliflower, this dish packs flavour in every bite.

## 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
cauliflower	1 portion (400g)	2 portions (800g)
brown onion	½	1
carrot	1	2
garlic	1 clove	2 cloves
Bengal curry paste	1 packet (50g)	1 packet (100g)
Mumbai spice blend	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
basmati rice	1 packet	2 packets
currants	1 packet	2 packets
warm water*	1½ cups	3 cups
vegetable stock powder	1 sachet	1 sachet
coriander	1 bunch	1 bunch
roasted almonds	1 packet	2 packets
yoghurt	1 small packet	1 large packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2460kJ (587Cal)	505kJ (121Cal)
Protein (g)	18.0g	3.7g
Fat, total (g)	12.1g	2.5g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	91.1g	18.7g
- sugars (g)	22.3g	4.6g
Sodium (mg)	1410mg	289mg

### 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.



## 1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into 2cm florets. Thinly slice the **brown onion** (see ingredients list). Thinly slice the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press).

**TIP:** Cut the cauliflower to size so it cooks in time.



## 2. Roast the cauliflower

Place the **cauliflower** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender and brown around the edges, **20-25 minutes**.



## 3. Start the biryani

While the cauliflower is roasting, heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and **carrot** and cook, stirring, until softened, **5 minutes**. Add another **drizzle** of **olive oil**, the **Bengal curry paste**, **garlic**, **Mumbai spice blend** and a **pinch** of **chilli flakes** (if using) and cook, stirring, until fragrant, **1 minute**.



## 4. Add the rice & currants

Add the **basmati rice** and **currants** to the frying pan and stir to coat. Add the **warm water** and **vegetable stock powder**. 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!



## 5. Finish the biryani

While the biryani is cooking, roughly chop the **coriander** (reserve some for garnish!) and **roasted almonds**. When the **rice** is done, stir through the **coriander**, **almonds** and roasted **cauliflower**.



## 6. Serve up

Divide the roasted cauliflower biryani between bowls and top with the **yoghurt**. Sprinkle with the reserved coriander.

**Enjoy!**