



# ROAST CAULIFLOWER BIRYANI

with Currants & Roasted Almonds



Make a cauliflower biryani



Cauliflower



Brown Onion



Carrot



Garlic



Bengal Curry Paste



Mumbai Spice Blend



Chilli Flakes (Optional)



Basmati Rice



Currants



Vegetable Stock



Coriander



Roasted Almonds



Greek 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 Staples:** Olive Oil

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan** with a **lid** (or **foil**)



### 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 veggies to the correct size so they cook in the allocated time.



### 2 ROAST THE CAULIFLOWER

Place the **cauliflower** 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, **20-25 minutes**.



### 3 START THE BIRYANI

While the cauliflower is roasting, heat a **drizzle** of **olive oil** in a deep, medium frying pan over a medium-high heat. Add the **onion** and **carrot** and cook, stirring, until the onion is soft, **5 minutes**. Add another **drizzle** of **olive oil**, the **Bengal curry paste** (see ingredients list), **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 the crumbled **vegetable stock**. Stir to dissolve the stock, then bring to the boil. Cover, reduce the heat to medium-low and simmer until the water is absorbed and the rice is tender, **16-18 minutes**. **TIP:** Add a little extra water if the liquid is absorbed before the rice is done!



### 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 roast cauliflower biryani between bowls and top with **Greek yoghurt**. Sprinkle with the reserved coriander leaves.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
brown onion	½	1
carrot	1	2
garlic	1 clove	2 cloves
Bengal curry paste	½ 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	1 sachet	2 cubes
coriander	1 bunch	1 bunch
roasted almonds	1 packet	2 packets
Greek yoghurt	1 packet (100g)	2 packets (200g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2220kJ (530Cal)	460kJ (110Cal)
Protein (g)	15.6g	3.2g
Fat, total (g)	7.6g	1.6g
- saturated (g)	1.3g	0.3g
Carbohydrate (g)	89.6g	18.6g
- sugars (g)	21.1g	4.4g
Sodium (g)	1400mg	289mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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