



# Roast Cauliflower Biryani

with Currants & Roasted 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



Greek-Style Yoghurt

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

Spicy (Bengal curry paste & optional chilli flakes)

Calorie Smart

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, refreshing 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	½ packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
basmati rice	1 packet	1 packet
currants	1 packet	1 packet
warm water*	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
coriander	1 bag	1 bag
roasted almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2654kJ (634Cal)	521kJ (125Cal)
Protein (g)	18.7g	3.7g
Fat, total (g)	18g	3.5g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	102.6g	20.1g
- sugars (g)	25g	4.9g
Sodium (mg)	1070mg	210mg

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 **cauliflower** into small florets. Thinly slice the **brown onion** (see ingredients). Thinly slice the **carrot**. Finely chop the **garlic**.



## Roast the cauliflower

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



## Start the biryani

**SPICY!** The curry paste is spicy so use a little less if you prefer your biryani mild. While the cauliflower is roasting, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **onion** and **carrot**, stirring, until softened, **5 minutes**. Add another drizzle of **olive oil**, the **Bengal curry paste** (see ingredients), **garlic**, **Mumbai spice blend** and a pinch of **chilli flakes** (if using) and cook, stirring, until fragrant, **1 minute**.



## 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, 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!



## Finish the biryani

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



## Serve up

Divide the roast cauliflower biryani between bowls and top with the **Greek-style yoghurt**. Sprinkle with the reserved coriander to serve.

## Enjoy!