



Spiced Paneer Biryani

with Roasted Cashews



Grab your Meal Kit with this symbol



Brown Onion



Carrot



Garlic



Peeled & Chopped Pumpkin



Bengal Curry Paste



Basmati Rice



Currants



Vegetable Stock



Paneer Cheese



Mild North Indian Spice Blend



Baby Spinach Leaves



Yoghurt



Roasted Cashews

Hands-on: **30-40** mins
Ready in: **35-45** mins

Forget what you think you know about biryani - this veggie version, using paneer instead of lamb, just goes to show that rules are made to be broken! It's sweet, spicy, satisfying and just the thing to warm you up on a chilly night.

Pantry items

Olive Oil, Brown Sugar

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

Large saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
carrot	1	2
garlic	2 cloves	4 cloves
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
Bengal curry paste	¾ packet (75g)	1½ packets (150g)
basmati rice	1 packet	2 packets
currants	1 packet	2 packets
water*	1½ cups	3 cups
brown sugar*	1 tsp	2 tsp
vegetable stock	1 sachet	1 sachet
paneer cheese	1 block	2 blocks
mild North Indian spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
yoghurt	1 packet	1 packet
roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4340kJ (1040Cal)	700kJ (167Cal)
Protein (g)	45.4g	7.3g
Fat, total (g)	46.7g	7.6g
- saturated (g)	25.5g	4.1g
Carbohydrate (g)	103g	16.6g
- sugars (g)	31.3g	5.1g
Sodium (g)	1580mg	255mg

Allergens

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



1. Get prepped

Thinly slice the **brown onion** (see ingredients list). Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press).



4. Cook the paneer

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **paneer** and cook, tossing, until browned, **3-4 minutes**. Season to taste with **salt** and **pepper** and transfer to a plate.



2. Start the biryani

In a large saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion**, **carrot** and **peeled & chopped pumpkin** and cook, stirring, until softened, **3-4 minutes**. Add the **Bengal curry paste** (see ingredients list) and **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, **currants**, **water**, **brown sugar** and **vegetable stock**. Stir to dissolve the stock, then bring to the boil. Cover with a lid, 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

When the biryani is done, add the **baby spinach leaves** to the saucepan and stir through until just wilted. Stir through the spiced **paneer** and season to taste with **salt** and **pepper**.

TIP: Seasoning is key in this dish! Taste and season with more salt and pepper if you think it needs it.



3. Prep the paneer

While the biryani is simmering, cut the **paneer cheese** into 1cm cubes. In a medium bowl, combine the **paneer**, **mild North Indian spice blend**, a **good pinch** of **salt** and a **drizzle of olive oil**. Toss to coat.



6. Serve up

Divide the spiced paneer biryani between bowls and top with a dollop of **yoghurt**. Garnish with the **roasted cashews**.

Enjoy!