



Bengali Roast Pumpkin & Currant Biryani

with Yoghurt & Flaked Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Green Beans



Garlic



Peeled Pumpkin Pieces



Flaked Almonds



Bengal Curry Paste



Mumbai Spice Blend



Jasmine Rice



Currants



Vegetable Stock Powder



Baby Leaves



Greek-Style Yoghurt



Greek-Style Yoghurt

Prep in: 25-35 mins
Ready in: 35-45 mins

Calorie Smart

This biryani is packed full of flavours and colours, with green beans, currants, and roasted pumpkin all contributing to the rainbow! Like a hug in a bowl, this warming dish is the perfect comforting meal.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
peeled pumpkin pieces	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets
Bengal curry paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
jasmine rice	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
water*	1½ cups	2¾ cups
vegetable stock powder	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
Greek-style yoghurt**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2265kJ (541Cal)	463kJ (111Cal)
Protein (g)	16.6g	3.4g
Fat, total (g)	8.3g	1.7g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	97g	19.8g
- sugars (g)	23.7g	4.8g
Sodium (mg)	945mg	193mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2448kJ (585Cal)	454kJ (109Cal)
Protein (g)	19.5g	3.6g
Fat, total (g)	10.6g	2g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	103.3g	19.1g
- sugars (g)	26.6g	4.9g
Sodium (mg)	973mg	180mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW15



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Trim **green beans** and slice into thirds.
- Finely chop **garlic**.



Add the rice

- Add the **jasmine rice** and **currants** to the pan and stir to coat.
- Add the **water** and **vegetable stock powder**. Stir, then bring to the boil.
- Cover with a lid and reduce the heat to medium-low. Cook for **12 minutes**, then remove pan from the heat and keep covered until rice is tender and water is absorbed, **15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Roast the pumpkin

- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- In the last **5 minutes** of roast time, place **flaked almonds** on the side of the tray and toast until golden, **5 minutes**.



Finish the biryani

- When the rice is done, add **baby leaves** and **green beans** to the **pilaf** and stir until leaves are just wilted. Season to taste.



Start the biryani

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, stirring, until softened, **4-5 minutes**. Transfer to a plate.
- **SPICY!** This is a mild curry paste, but use less if you're sensitive to heat! Return saucepan to medium-high heat with a drizzle of **olive oil**. Add **Bengal curry paste**, **Mumbai spice blend** and **garlic** and cook until fragrant, **1 minute**.



Serve up

- Divide Bengali veggie biryani between bowls.
- Top with roasted pumpkin.
- Dollop with **Greek-style yoghurt**. Garnish with almonds to serve. Enjoy!

Custom Recipe: If you've doubled your Greek-style yoghurt, follow instructions as above.

Rate your recipe

Did we make your tastebuds happy?

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