



More than Food

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Curried Veggie Biryani

with Sweet Potato, Peas, and Herbs

Biryani, an Indian mixed rice dish, can be composed of a variety of spices, herbs, and vegetables. Our version uses creamy sweet potato, sweet peas, and a fragrant mix of curry powder, garlic, and fresh mint for flavor.



35 min



level 1



veggie



gluten free



Basmati Rice



Yellow Onion



Garlic



Tomato



Curry Powder



Sweet Potato



Peas



Sliced Almonds



Lime



Mint



Feta Cheese

Ingredients

	2 People	4 People
Basmati Rice	¾ C	1 ½ C
Yellow Onion	1	2
Garlic	2 cloves	4 cloves
Tomato	1	2
Curry Powder	1 T	2 T
Sweet Potato	12 oz	24 oz
Peas	4 oz	8 oz
Sliced Almonds	1) 1 oz	2 oz
Lime	1	2
Mint	¼ oz	½ oz
Feta Cheese	2) ½ C	1 C
Olive Oil*	2 t	4 t

*Not Included

Allergens

- 1) Tree Nuts
- 2) Milk

Tools

Medium Pot, Peeler,
Small Pot, Large Pan,
Strainer

Nutrition per person Calories: 746 cal | Carbs: 128 g | Fat: 19 g | Protein: 24 g | Fiber: 18 g | Sodium: 424 mg

Make sure to wash and dry produce before prepping or cooking!

Ruler

0 in ¼ in ½ in ¾ in 1 in



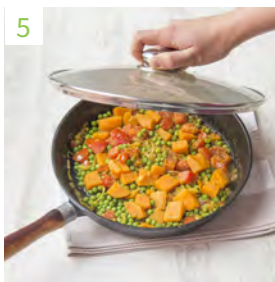
1 Cook the rice: In a small pot, bring **1 ½ cups water** and a large pinch of **salt** to a boil. Once boiling, add the **rice**, cover, and reduce to a simmer for 15 minutes, until tender. Keep covered until the rest of the meal is ready.



2 Prep the ingredients: Bring a medium pot of **water** with a large pinch of **salt** to a boil. Halve, peel, and thinly slice the **onion**. Mince or grate the **garlic**. Core, seed, and dice the **tomato**. Roughly chop the **mint**, reserving a few leaves for garnish. Cut the **lime** into wedges. Peel and dice the **sweet potato** into ½-inch cubes. Add the sweet potato to the boiling water and cook for 10-12 minutes, until tender. Drain.



3 Heat a drizzle of **oil** in a large pan over medium heat. Add the **onions** and cook, tossing, for 5-6 minutes, until very soft. Add the **garlic** to the pan and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.



4 When the **sweet potato** is done, toss it into the pan along with the **tomato**, **curry powder**, **peas**, and a drizzle of **oil**. Cook, tossing, for 1-2 minutes, until heated through. Season with **salt** and **pepper**.

5 Toss the cooked **rice** into the pan along with the **chopped mint** and a few squeezes of **lime**.

6 Serve divided between bowls, garnished with the **sliced almonds**, **feta cheese**, and **reserved mint leaves**. Enjoy!