







More Than Food
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Aromatic Sweet Potato Biryani

Biryani, an Indian mixed rice dish, can be composed of a variety of spices, herbs, and vegetables. Our HelloFresh twist on the traditional biryani uses creamy feta and sweet potato, with green beans, tomatoes and fresh mint for flavour. This healthy meal also packs in 3.5 of your 5 a day, a winner all round!



40 mins



mild



3.5 of your
5 a day



healthy



veggie



Water for the Rice
(350ml)



Basmati Rice
(175g)



Onion
(1)



Garlic Clove
(1)



Vine Tomato
(2)



Green Beans
(1 pack)



Poudre de Colombo
(1 tsp)



Sweet Potato
(1)



Water for the
Vegetables (115ml)



Coriander
(1/2 bunch)



Mint
(1/2 bunch)



Flaked Almonds
(25g)



Lime
(1/2)



Feta Cheese
(1/2 block)

2 PEOPLE INGREDIENTS

• Water for the Rice

• Basmati Rice

• Onion, sliced

• Garlic Clove, grated

• Vine Tomato, chopped

• Green Beans, chopped

• Poudre de Colombo

350ml

175g

1

1

2

1 pack

1 tbsp

• Sweet Potato, chopped

• Water for the Vegetables

• Coriander, chopped

• Mint, chopped

• Flaked Almonds

• Lime

• Feta Cheese

1

115ml

½ bunch

½ bunch

25g

½

½ block

🥬 Our fruit and veggies may need a little wash before cooking!

Did you know...

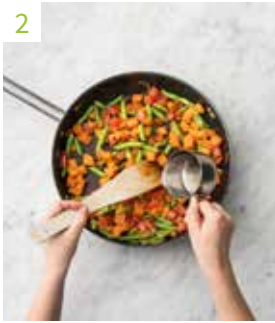
Mint gets its enticing flavour from the essential oil: menthol.

Allergens: Milk, Nut, Mustard.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	563 kcal / 2374 kJ	16 g	5 g	91 g	20 g	16 g	1 g
Per 100g	100 kcal / 422 kJ	3 g	1 g	16 g	4 g	3 g	0 g

2



1 Boil the **water** (amount specified in the ingredient list) in a pot with a pinch of **salt**. Once boiling, pour in the **rice**, turn the heat to its lowest setting and put a lid on. Leave your **rice** on low heat for 10 mins, then rest off the heat for 10 mins. **Tip:** Do not lift the lid until the whole 20 mins are up or the rice won't cook.

3



2 Peel and cut the **onion** in half through the root then slice into thin half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Chop the **tomato** into 2cm cubes. Cut the very tops and bottoms off the **green beans**, and chop into three pieces.

3 Heat a splash of **olive oil** in a large frying pan on medium-low heat. Add your **onions** with a pinch of **salt** and cook gently for 8 mins. In the last 2 mins add the **poudre de colombo** and your **garlic**.

4



4 Meanwhile, boil another pot of water with a pinch of **salt**. Peel and chop the **sweet potato** into roughly 1cm cubes. Boil your **sweet potato** for 10 mins and then drain.

5 Add your **sweet potato**, **tomato** and **green beans** to your **onion mixture**. Add the water (amount specified in the ingredient list), place a lid on the pan and cook on low heat for 6 mins. **Tip:** If you don't have a lid, you can always place a baking tray on top of the pan. Meanwhile, roughly chop the **coriander** and **mint**.

5



6 Pour your **rice** and three-quarters of the **almonds** into the pan and mix everything together. Squeeze over a dash of **lime juice**. Take off the heat, crumble in the **feta** and stir through your **herbs**.

7 Top with your remaining **almonds** and tuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!