



ROASTED CAULIFLOWER BIRYANI

with Carrots and Dried Currants and Crispy Chana Dal

VEGGIE

SPICY



HELLO CHANA DAL

These crispy split peas are a popular snack in India

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 485



Basmati Rice



Cauliflower, florets



Carrot, coins



Onion, chopped



Mint



Cilantro



Tadka Masala



Crispy Chana Dal Mix



Dried Currants



Vegetable Broth Concentrate



Greek Yogurt

BUST OUT

- Baking Sheet
- Measuring Cups
- Medium Pot
- Small Bowl
- Parchment Paper
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Basmati Rice ½ cup | 1 cup
- Cauliflower, florets 285 g | 570 g
- Carrot, coins 170 g | 340 g
- Onion, chopped 56 g | 113 g
- Mint 10 g | 20 g
- Cilantro 10 g | 20 g
- **Tadka Masala** 🌶️ 6 1 tbsp | 2 tbsp
- Crispy Chana Dal Mix 4 28 g | 56 g
- Dried Currants 28 g | 56 g
- Vegetable Broth Concentrate 1 | 2
- Greek Yogurt 2 100 g | 200 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **400°F** (to roast the veggies). Start prepping when your oven comes up to temperature! In Step 1, cut any large cauliflower florets into smaller pieces before roasting.



1 PREP VEGGIES

Wash and dry all produce.* On a parchment-lined baking sheet, toss the **cauliflower, carrots** and **half the tadka masala** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring the veggies halfway through cooking, until golden-brown, 28-30 min. Meanwhile, roughly chop the **mint leaves** and **cilantro**.



4 MAKE CREMA

Meanwhile, in a small bowl, combine **half the mint, half the cilantro** and the **yogurt**. Season with **salt** and **pepper**.



2 COOK ONION

Heat a medium pot over medium-high heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until softened, 4-5 min. Sprinkle over the **remaining tadka masala**. Cook until fragrant, 1 min.



5 FINISH AND SERVE

Stir the **carrots, cauliflower** and **currants** into the **rice**. Season with **salt** and **pepper**. Divide the **biryani** between bowls. Sprinkle with the **chana dal**, the **remaining mint** and **remaining cilantro**. Dollop with the **crema**.



3 COOK RICE

Add the **rice, broth concentrate(s)** and **1 ½ cups water** (double for 4 ppl). to the pot. Cover and cook until the rice is tender and the water has been absorbed, 12-14 min.

SWEET!

Currants in a curry?
They balance out the flavours
and offset the spiciness!