



Indian-Spiced Pork & Veggie Curry

with Rice, Greek-Style Yoghurt & Flaked Almonds

CUSTOMER FAVOURITE

NEW

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Capsicum



Pork Strips



Mild Curry Paste



Garlic Paste



Baby Spinach Leaves



Greek-Style Yoghurt



Flaked Almonds



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me Early*
*Custom Recipe only

Your kitchen will be full of gorgeous curry aromas when this beauty hits the stovetop. Paired with fluffy basmati rice, a colourful array of veggies and tender pork strips, you'll want every night to be curry night.

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

Pantry items

Olive Oil, Brown Sugar

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
carrot	1	2
capsicum	1	2
pork strips	1 small packet	2 small packets OR 1 large packet
mild curry paste	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2503kJ (598Cal)	514kJ (123Cal)
Protein (g)	36.5g	7.5g
Fat, total (g)	12.8g	2.6g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	81.7g	16.8g
- sugars (g)	18.6g	3.8g
Sodium (mg)	1621mg	333mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2603kJ (622Cal)	494kJ (118Cal)
Protein (g)	48.2g	9.2g
Fat, total (g)	10.4g	2g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	80.8g	15.3g
- sugars (g)	18.4g	3.5g
Sodium (mg)	1277mg	243mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/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



1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook uncovered, over high heat, until tender, **12 minutes**. Drain.

3



Make the curry

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pork strips** in batches, tossing, until slightly golden, **2 minutes**.
- Return all **pork** to pan. Reduce heat to medium-high. Add **mild curry paste** and **garlic paste** and cook until fragrant, **1 minute**.
- Stir in the **water** and the **brown sugar** and simmer until slightly reduced, **1-2 minutes**.

Custom Recipe: Heat pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Reduce heat to medium-high and add the pastes, as above.

2



Cook the veggies

- Thinly slice **carrot** into half-moons.
- Roughly chop **capsicum**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **veggies**, tossing, until tender, **4-5 minutes**.
- Transfer to bowl, season and set aside.

Custom Recipe: If you've swapped to chicken tenderloins, cut chicken tenderloins into 2cm chunks.

4



Serve up

- Return cooked veggies to pan with pork. Add **baby spinach leaves** and a dollop of **Greek-style yoghurt**, stirring until combined, **1 minute**. Season to taste.
- Divide rice between bowls. Spoon over Indian-spiced pork and veggie curry.
- Top with remaining yoghurt. Sprinkle over **flaked almonds** to serve. Enjoy!

Custom Recipe: Top rice with Indian chicken and veggie curry.

Rate your recipe

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