

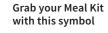
Indian-Spiced Pork & Veggie Curry with Rice, Greek-Style Yoghurt & Flaked Almonds

CUSTOMER FAVOURITE

NEW

KID FRIENDLY

BESTSELLER

















Pork Strips





Garlic Paste



Baby Spinach



Leaves



Flaked Almonds





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

*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

9			
	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.



Scan here if you have any questions or concerns





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.



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.



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.



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
- 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.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

