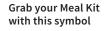


Plant-Based Chick'n & Spinach Garlic Rice with Coconut Curry Veggie Sauce & Flaked Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR















Baby Spinach Leaves

Zucchini





Tomato

Long Chilli (Optional)





Blend

Mumbai Spice Crumbed Chicken





Coconut Milk

Flaked Almonds





Prep in: 25-35 mins Ready in: 30-40 mins

Rich, creamy and aromatic, this mild curry sauce has all the elements that make Indian food so appealing. Packed with flavour, it comes together easily for a mouth-watering meal that's bound to win hearts!



Pantry items

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 with a lid \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	3 cloves	6 cloves		
plant-based butter*	20g	40g		
jasmine rice	1 medium packet	1 large packet		
water*	1½ cups	3 cups		
baby spinach leaves	1 small bag	1 medium bag		
zucchini	1	2		
tomato	1	2		
long chilli ∮ (optional)	1/2	1		
plant-based crumbed chicken	1 packet	2 packets		
Mumbai spice blend	1 medium sachet	1 large sachet		
coconut milk	1 packet	2 packets		
flaked almonds	1 medium packet	1 large packet		
plant-based crumbed chicken**	1 packet	2 packets		
* Pantry Items ** Custom Pecine Ingredient				

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3603kJ (861Cal)	737kJ (176Cal)
Protein (g)	25.4g	5.2g
Fat, total (g)	43.7g	8.9g
- saturated (g)	17.8g	3.6g
Carbohydrate (g)	87.7g	17.9g
- sugars (g)	7g	1.4g
Sodium (mg)	1450mg	297mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4846kJ (1158Cal)	809kJ (193Cal)
Protein (g)	39g	6.5g
Fat, total (g)	61.3g	10.2g
- saturated (g)	19.1g	3.2g
Carbohydrate (g)	107.1g	17.9g
- sugars (g)	8g	1.3g
Sodium (mg)	2302mg	384mg

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





Cook the rice

- Finely chop garlic.
- In a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat.
- Cook half the garlic, until fragrant, 1-2 minutes.
 Add the water and a generous pinch of salt and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low. Cook for 12 minutes, then remove from heat and keep covered until the rice is tender and all of the water is absorbed, 12 minutes.
- Once the water has absorbed, stir through baby spinach leaves, until wilted.

TIP: The rice will finish cooking in its own steam, so don't peek!



Start the curry sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil.
- Cook zucchini, tossing, until tender,
 4-5 minutes.
- Add tomato, Mumbai spice blend and remaining garlic and cook until fragrant,
 1-2 minutes.



Prep the veggies

- Meanwhile, slice **zucchini** into half-moons.
- · Roughly chop tomato.
- Thinly slice long chilli (if using).



Cook the chick'n

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- Cook plant-based crumbed chicken, until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.

Custom Recipe: If you've doubled your plant-based crumbed chicken, cook plant-based crumbed chicken in batches for the best results.



Finish the curry sauce

• To the pan with the veggies, stir in **coconut milk** and cook, until slightly thickened, **2-3 minutes**.



Serve up

- Divide spinach garlic rice between bowls. Top with plant-based crumbed chick'n.
- · Spoon over coconut curry veggie sauce.
- Sprinkle over flaked almonds and top with long chilli to serve. Enjoy!



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