

Plant-Based Chick'n & Easy-Prep Veggie Curry with Spinach Garlic Rice & Flaked Almonds

with this symbol

Grab your Meal Kit



ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR





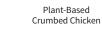




Baby Spinach









Carrot & Zucchini





Coconut Milk



Flaked Almonds



Chilli Flakes (Optional)



Prep in: 10-20 mins Ready in: 25-35 mins

Rich, creamy and aromatic, this mild curry sauce has all the elements that make Indian food so appealing. Packed with



Plant Based

flavour, it comes together easily for a mouth-watering meal that's bound to win hearts!

Pantry items Olive Oil, Plant-Based Butter

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 · Large frying pan

Ingradients

| ingi edients | | | | |
|--|--------------------------------------|--------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| plant-based butter* | 20g | 40g | | |
| garlic paste | 1 packet | 2 packets | | |
| water* | 1¼ cups | 2 ½ cups | | |
| jasmine rice | 1 medium packet | 1 large packet | | |
| baby spinach leaves | 1 small bag | 1 medium bag | | |
| plant-based crumbed chicken | 1 packet | 2 packets | | |
| carrot & zucchini mix | 1 medium bag | 1 large bag | | |
| Mumbai spice blend | 1 medium packet | 1 large packet | | |
| coconut milk | 1 packet | 2 packets | | |
| flaked almonds | 1 medium packet | 1 large packet | | |
| chilli flakes ∮ (optional) | pinch | pinch | | |
| plant-based crumbed chicken** | 1 packet | 2 packets | | |
| blend coconut milk flaked almonds chilli flakes / (optional) plant-based crumbed | 1 packet 1 medium packet pinch | 2 packets 1 large packet pinch | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|-----------------------|
| Energy (kJ) | 3679kJ (879Cal) | 744kJ (178Cal) |
| Protein (g) | 24.8g | 5g |
| Fat, total (g) | 44.2g | 8.9g |
| - saturated (g) | 17.8g | 3.6g |
| Carbohydrate (g) | 91.5g | 18.5g |
| - sugars (g) | 10g | 2g |
| Sodium (mg) | 1546mg | 313mg |
| Custom Recipe | | |

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|-----------------------|
| Energy (kJ) | 4922kJ (1176Cal) | 814kJ (195Cal) |
| Protein (g) | 38.3g | 6.3g |
| Fat, total (g) | 61.8g | 10.2g |
| - saturated (g) | 19.2g | 3.2g |
| Carbohydrate (g) | 110.9g | 18.3g |
| - sugars (g) | 11g | 1.8g |
| Sodium (mg) | 2399mg | 397mg |

The quantities provided above are averages only.

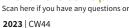
Allergens

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

- In a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat.
- · Cook half the garlic paste 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 rice is tender and all the water is absorbed, 12 minutes.
- Once done, stir through **baby spinach leaves**. Season to taste.

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



Make the curry sauce

- Wipe out frying pan and return to high heat with a drizzle of olive oil.
- · Cook carrot & zucchini mix, tossing, until tender, 4-5 minutes.
- Reduce heat to medium and add Mumbai spice blend and remaining garlic paste. Cook until fragrant, 1 minute.
- Stir in coconut milk and cook until slightly thickened, 1-2 minutes.



Cook the chick'n

- Meanwhile, 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 chick'n in batches for the best results.



Serve up

- Divide spinach garlic rice between bowls. Top with plant-based crumbed chick'n.
- · Spoon over Mumbai coconut curry veggies.
- Sprinkle over **flaked almonds**. Top with a pinch of **chilli flakes** (if using) to serve. Enjoy!



