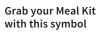


# Plant-Based Chick'n & Mumbai Curry Sauce

with Spinach Garlic Rice & Flaked Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR















**Baby Spinach** Leaves







Tomato

Green Beans





Long Chilli (Optional)

Plant-Based Crumbed Chicken

Mumbai Spice Blend



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

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



**Plant Based** 

**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		
basmati 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		
green beans	1 small bag	1 medium bag		
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		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3645kJ (871Cal)	676kJ (162Cal)
Protein (g)	26.3g	4.9g
Fat, total (g)	43.7g	8.1g
- saturated (g)	17.8g	3.3g
Carbohydrate (g)	89.3g	16.6g
- sugars (g)	8.3g	1.5g
Sodium (mg)	1450mg	269mg
Custom Pacina		

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4888kJ (1168Cal)	<b>753kJ</b> (180Cal)
Protein (g)	39.9g	6.1g
Fat, total (g)	61.3g	9.4g
- saturated (g)	19.1g	2.9g
Carbohydrate (g)	108.7g	16.7g
- sugars (g)	9.3g	1.4g
Sodium (mg)	2302mg	355mg

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, stirring, until fragrant,
   1-2 minutes. Add basmati rice, the water and a generous pinch of salt, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove from heat and keep covered until the water is absorbed,
   10 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 pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook zucchini and green beans, 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.
- Trim and halve green beans.
- 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

• 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 Mumbai curry sauce.
- · Sprinkle over flaked almonds.
- Top with long chilli to serve. Enjoy!



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