



Plant-Based Chick'n & Easy-Prep Veggie Curry

with Spinach Garlic Rice & Flaked Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Baby Spinach Leaves



Plant-Based Crumbed Chicken



Carrot & Zucchini Mix



Mumbai Spice Blend



Coconut Milk



Flaked Almonds



Chilli Flakes (Optional)



Plant-Based Crumbed Chicken

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

Plant Based

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!

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
plant-based butter*	20g	40g
garlic paste	1 packet	2 packets
water*	1½ cups	3 cups
basmati 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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3679kJ (879Cal)	744kJ (178Cal)
Protein (g)	24.9g	5g
Fat, total (g)	44.2g	8.9g
- saturated (g)	17.8g	3.6g
Carbohydrate (g)	91.3g	18.5g
- sugars (g)	9.9g	2g
Sodium (mg)	1550mg	314mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4922kJ (1176Cal)	814kJ (195Cal)
Protein (g)	38.4g	6.4g
Fat, total (g)	61.8g	10.2g
- saturated (g)	19.2g	3.2g
Carbohydrate (g)	110.7g	18.3g
- sugars (g)	10.9g	1.8g
Sodium (mg)	2402mg	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



1



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 **basmati rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 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!

3



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**.

2



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.

4



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!

Rate your recipe

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