



Mumbai Cauliflower Curry

with Garlic Rice & Bamboo Shoots

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Green Beans



Carrot



Garlic



Basmati Rice



Tomato Paste



Mumbai Spice Blend



Coconut Milk



Vegetable Stock Powder



Bamboo Shoots



Baby Spinach Leaves



Crushed Peanuts



Parsley



Chicken Breast



Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based[^]
^Custom Recipe is not Plant Based



Eat Me Early*
**Custom Recipe only*

Be swept away by an assortment of tender veggies soaking up our creamy Mumbai curry, packed with rich, aromatic flavours. Serve alongside some fluffy garlic rice and don't forget some crushed peanuts for an added texture and crunch!

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

Pantry items

Olive Oil, Plant-Based Butter, 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
green beans	1 small packet	1 medium packet
carrot	1	2
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
tomato paste	½ medium packet	1 medium packet
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
vegetable stock powder	½ medium sachet	1 medium sachet
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
bamboo shoots	½ packet	1 packet
baby spinach leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet
parsley	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2741kJ (655Cal)	460kJ (110Cal)
Protein (g)	16.6g	2.8g
Fat, total (g)	28.4g	4.8g
- saturated (g)	17.1g	2.9g
Carbohydrate (g)	81.3g	13.7g
- sugars (g)	15.3g	2.6g
Sodium (mg)	904mg	152mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3456kJ (826Cal)	454kJ (109Cal)
Protein (g)	53.2g	7g
Fat, total (g)	30.9g	4.1g
- saturated (g)	17.9g	2.4g
Carbohydrate (g)	81.4g	10.7g
- sugars (g)	15.3g	2g
Sodium (mg)	975mg	128mg

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets.
- Trim **green beans**.
- Slice **carrot** into bite-sized chunks.
- Finely chop **garlic**.

Custom Recipe: If you've added chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



Start the curry

- When the rice has **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **tomato paste** (see ingredients), **Mumbai spice blend** and the remaining **garlic** until fragrant, **1 minute**.



Roast the veggies

- Place **cauliflower**, **green beans** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate and cover to keep warm.



Finish the curry

- Reduce heat to medium, then add **coconut milk**, **vegetable stock powder**, the **brown sugar** and **water (for the sauce)** and simmer until slightly reduced, **2-3 minutes**.
- Remove pan from heat, then stir through **roasted veggies**, **bamboo shoots** (see ingredients) and **baby spinach leaves** until spinach has wilted. Season to taste.



Cook the garlic rice

- Meanwhile, heat a medium saucepan over medium heat with the **plant-based butter** and a dash of **olive oil**. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** 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 rice is tender and water is absorbed, **10 minutes**.

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



Serve up

- Divide garlic rice between plates.
- Top with Mumbai veggie curry.
- Garnish with **crushed peanuts** and tear over **parsley** to serve. Enjoy!

Custom Recipe: Top garlic rice with chicken and Mumbai veggie curry to serve.

We're here to help!

Scan here if you have any questions or concerns

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