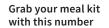


Plant-Based Chick'n & Mumbai Curry Sauce

with Spinach Garlic Rice

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Baby Spinach







Tomato

Green Beans





Long Chilli (Optional)

Plant-Based Crumbed Chicken



Mumbai Spice



Coconut Milk





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



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
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 packet	1 medium packet
zucchini	1	2
tomato	1	2
green beans	1 small packet	1 medium packet
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 medium packet	2 medium packets
*Pantry Items		

Nutrition

		5 100
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3554kJ (849Cal)	659kJ (158Cal)
Protein (g)	25.4g	4.7g
Fat, total (g)	41.8g	7.8g
- saturated (g)	18.4g	3.4g
Carbohydrate (g)	89g	16.5g
- sugars (g)	8.2g	1.5g
Sodium (mg)	1451mg	269mg
Dietary Fibre (g)	18.7g	3.5g
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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.



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!



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.



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.



Finish the curry sauce

• Stir in **coconut milk** and cook until slightly thickened, **2-3 minutes**.

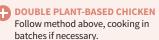


Serve up

- Divide spinach garlic rice between bowls.
- Spoon over Mumbai curry sauce. Top with plantbased crumbed chick'n.
- Garnish with chilli to serve. Enjoy!









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

