



Plant-Based Chick'n & Mumbai Curry Sauce

with Spinach Garlic Rice & Flaked Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Baby Spinach Leaves



Zucchini



Tomato



Green Beans



Long Chilli (Optional)



Plant-Based Crumbed Chicken



Mumbai Spice Blend



Coconut Milk



Flaked Almonds



Plant-Based Crumbed Chicken

Prep in: 25-35 mins
Ready in: 30-40 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
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)	½	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

*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 Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4888kJ (1168Cal)	753kJ (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



1



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!

4



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**.

2



Prep the veggies

- Meanwhile, slice **zucchini** into half-moons.
- Roughly chop **tomato**.
- Trim and halve **green beans**.
- Thinly slice **long chilli** (if using).

5



Finish the curry sauce

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

3



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.

6



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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