



# Plant-Based Chick'n & Mumbai Curry Sauce with Spinach Garlic Rice

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

10



Garlic



Basmati Rice



Baby Spinach  
Leaves



Zucchini



Tomato



Green Beans



Long Chilli  
(Optional)



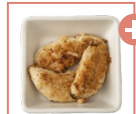
Plant-Based  
Crumbed Chicken



Mumbai Spice  
Blend



Coconut Milk



Plant-Based  
Crumbed  
Chicken



Chicken  
Breast

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!

### Pantry items

Olive Oil, Plant-Based Butter

## 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 lid · Large frying pan

## Ingredients

|                                                                                                          | 2 People        | 4 People        |
|----------------------------------------------------------------------------------------------------------|-----------------|-----------------|
| <b>olive oil*</b>                                                                                        | refer to method | refer to method |
| garlic                                                                                                   | 3 cloves        | 6 cloves        |
| <b>plant-based butter*</b>                                                                               | 20g             | 40g             |
| basmati rice                                                                                             | 1 medium packet | 1 large packet  |
| <b>water*</b>                                                                                            | 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) | 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       |

\*Pantry Items

## Nutrition

| 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           |

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](https://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

2024 | CW31



## 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).



## Finish the curry sauce

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



## 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.



## Serve up

- Divide spinach garlic rice between bowls.
- Top with plant-based crumbed chick'n.
- Spoon over Mumbai coconut curry sauce.
- Top with long **chilli** to serve. Enjoy!

## CUSTOM OPTIONS

 **DOUBLE PLANT-BASED CRUMBED CHICKEN**  
Follow method above, cooking in batches if necessary.

 **SWAP TO CHICKEN BREAST**  
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

