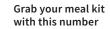


Plant-Based Chick'n & Mumbai Curry Sauce

with Spinach Garlic Rice

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Baby Spinach Zucchini Leaves





Tomato

Green Beans





Long Chilli (Optional)

Plant-Based Crumbed Chicken

Coconut Milk



Mumbai Spice





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



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	
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 packet	2 packets	
*Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3554kJ (849cal)	332kJ (79cal)
Protein (g)	25.4g	2.4g
Fat, total (g)	41.8g	3.9g
- saturated (g)	18.4g	1.7g
Carbohydrate (g)	89g	8.3g
- sugars (g)	8.2g	0.8g
Sodium (mg)	1451mg	135 7mg

18.7g

The quantities provided above are averages only.

Allergens

Dietary Fibre (g)

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.
- Top with plant-based chick'n.
- Spoon over Mumbai coconut curry sauce.
- Top with **chilli** to serve. Enjoy!





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



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.

