



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
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)	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)	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
Dietary Fibre (g)	18.7g	1.7g

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

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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 chick'n.
- Spoon over Mumbai coconut curry sauce.
- Top with **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.

