



# Plant-Based Mince & Coconut Curry

with Green Beans & Garlic Rice

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Garlic



Basmati Rice



Brown Onion



Carrot



Green Beans



Plant-Based Mince



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Pot



Baby Spinach Leaves



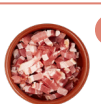
Coriander



Crispy Shallots



Parmesan Cheese



Diced Bacon

Prep in: 15-25 mins  
Ready in: 25-35 mins

Plant Based

When you have our plant-based mince handy, it's easy to create meat-free versions of all your go-to comfort foods - starting with this creamy curry! To cut through the richness, spike the mildly spiced coconut sauce with tomato paste and sweet green beans, and serve over fluffy garlic rice.

### 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 a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>plant-based butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
<b>salt*</b>	¼ tsp	½ tsp
brown onion	1	2
carrot	1	2
green beans	1 small packet	1 medium packet
plant-based mince	1 packet	2 packets
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
coconut milk	1 packet	2 packets
<b>water*</b> (for the curry)	½ cup	1 cup
vegetable stock pot	1 packet	2 packets
baby spinach leaves	1 medium packet	1 large packet
coriander	1 packet	1 packet
crispy shallots	1 medium sachet	1 large sachet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3406kJ (814cal)	300kJ (72cal)
Protein (g)	33.7g	3g
Fat, total (g)	37.3g	3.3g
- saturated (g)	21.8g	1.9g
Carbohydrate (g)	88g	7.8g
- sugars (g)	20g	1.8g
Sodium (mg)	2245mg	197.8mg
Dietary Fibre (g)	22.8g	2g

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 | CW37



1



## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic**, until fragrant, **1-2 minutes**. Add **basmati rice**, the **water (for the rice)** and **salt** and bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes** (the rice will finish cooking in its own steam, so don't peek!).

3



## Make the curry

- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **plant-based mince**, breaking up with a spoon, until just browned, **4-6 minutes**.
- Add **Mumbai spice blend** and **tomato paste** and cook until fragrant, **1 minute**. Add **coconut milk**, the **water (for the curry)** and **vegetable stock pot**. Cook, stirring, until slightly thickened, **1-2 minutes**. Remove from heat.
- Add **baby spinach leaves**, then return **cooked veggies** to pan and stir until combined and spinach is wilted.

### CUSTOM OPTIONS



#### ADD PARMESAN CHEESE

Sprinkle cheese over meal to serve.



#### ADD DICED BACON

Before starting the sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

2



## Get prepped & cook the veggies

- While rice is cooking, thinly slice **brown onion**.
- Thinly slice **carrot** into half moons.
- Trim **green beans** and cut into bite-sized chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **onion**, **carrot** and **green beans**, stirring occasionally, until softened, **4-5 minutes**. Add remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl.

4



## Serve up

- Divide garlic rice between bowls.
- Top with plant-based mince and coconut curry.
- Tear over **coriander**. Garnish with **crispy shallots** to serve. Enjoy!

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

