



Plant-Based Chick'n & Katsu Curry Sauce

with Ginger Veggies & Garlic-Peanut Rice

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Garlic



Basmati Rice



Crushed Peanuts



Asian Greens



Carrot



Green Beans



Ginger Paste



Plant-Based Crumbed Chicken



Katsu Paste



Coconut Milk



Plant-Based Crumbed Chicken



Chicken Gyozas

Prep in: 20-30 mins
Ready in: 30-40 mins

Plant Based

Our plant-based crumbed chick'n has been a huge hit from the get-go...and just wait till you try it in this Japanese-style dish! While the tenders get nice and golden in the pan, whip up a coconutty curry sauce that works a treat poured over all of the components. Don't forget to add the pickled onion garnish for some extra zing.

Pantry items

Olive Oil, Soy Sauce

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
crushed peanuts	1 medium packet	1 large packet
Asian greens	1 packet	2 packets
carrot	1	2
green beans	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
plant-based crumbed chicken	1 packet	2 packets
katsu paste	1 packet	2 packets
coconut milk	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3854kJ (921cal)	367kJ (88cal)
Protein (g)	26.2g	2.5g
Fat, total (g)	47.7g	4.5g
- saturated (g)	18.4g	1.8g
Carbohydrate (g)	91.9g	8.8g
- sugars (g)	10.3g	1g
Sodium (mg)	1651mg	157.2mg
Dietary Fibre (g)	18g	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.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook **garlic** 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. Keep covered until rice is tender and the water is absorbed, **10 minutes**. Add **crushed peanuts** and stir to combine.

TIP: The rice will finish cooking in its own steam, so don't peek!

4



Cook the chick'n

- Return frying pan to medium-high heat with enough **olive oil** to cover the base.
- Cook **plant-based crumbed chicken** until golden and heated through, **2-3 minutes** on each side. Transfer to a paper-towel lined plate.

2



Get prepped

- While rice is cooking, roughly chop **Asian greens**.
- Thinly slice **carrot** into half-moons.
- Trim **green beans**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens**, **ginger paste** and the **soy sauce**. Toss until greens are just wilted, **1 minute**. Transfer to a bowl and cover to keep warm.

5



Make the katsu sauce

- Wipe out frying pan and return to medium-high heat. Cook **katsu paste** and **coconut milk**, stirring, until combined, **1-2 minutes**.

6



Serve up

- Divide garlic-peanut rice between bowls.
- Top with plant-based chick'n and ginger veggies. Pour over katsu curry sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW39

CUSTOM OPTIONS

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

+ **ADD CHICKEN GYOZAS**
Cook in a single layer until starting to brown, 1-2 minutes. Carefully add ¼ cup water, cover with a lid and cook until water has evaporated, 4-5 minutes.

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

