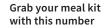


Plant-Based Chickn & Katsu Curry Sauce

with Ginger Veggies & Garlic-Peanut Rice

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Crushed Peanuts

Asian Greens



Green Beans





Crumbed Chicken





Katsu Paste

Coconut Milk









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.



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!



Get prepped

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



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.



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.



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.



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!





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.

