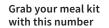


Plant-Based Chick'n & Mumbai Curry Sauce

with Spinach Garlic Rice

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Baby Spinach Leaves





Tomato

Green Beans





Long Chilli (Optional)

Crumbed Chicken





Mumbai Spice

Coconut Milk





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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
white rice	1 medium packet	1 large packet
plant-based butter*	20g	40g
water*	1¼ cups	2½ 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)	3774kJ (902cal)	353kJ (84cal)
Protein (g)	28.3g	2.6g
Fat, total (g)	47.5g	4.4g
- saturated (g)	20.1g	1.9g
Carbohydrate (g)	87.9g	8.2g
- sugars (g)	8.3g	0.8g
Sodium (mg)	1224mg	114.5mg
Dietary Fibre (g)	15.7g	1.5g

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 rice

- Finely chop garlic. Rinse and drain white rice.
- 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 white 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 crumbed chick'n.
- · Spoon over Mumbai coconut curry sauce.
- Top with chilli to serve. Enjoy!







SWAP TO CHICKEN BREAST Cut into bite-sized pieces. Cook until cooked

through, 4-6 minutes.

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

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

