

# Indian Plant-Based Mince Curry

with Veggies, Garlic Rice & Cashews

Grab your Meal Kit with this symbol



Carrot



Garlic



Basmati Rice



Brown Onion



Green Beans



Tomato Paste



Mumbai Spice Blend



Coconut Milk



Roasted Cashews




Peeled & Chopped Pumpkin



Plant-Based Mince

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

 Plant Based

Plant-based mince is super versatile, and works wonders as a tender meat substitute in this mildly spiced, coconutty curry. Roasting the carrot and pumpkin is the best way to bring out their natural sweetness before throwing them into the mix.

### Pantry items

Olive Oil, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil</b>	refer to method	refer to method
carrot	1	2
peeled & chopped pumpkin	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
brown onion	1	2
green beans	1 small bag	1 medium bag
plant-based mince	1 packet	2 packets
tomato paste	1 packet	2 packets
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium tin	1 large tin
<b>water*</b> (for the curry)	½ cup	1 cup
<b>brown sugar*</b>	½ tbs	1 tbs
roasted cashews	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3682kJ (880Cal)	578kJ (138Cal)
Protein (g)	28.5g	4.5g
Fat, total (g)	37.3g	5.9g
- saturated (g)	15.3g	2.4g
Carbohydrate (g)	101g	15.8g
- sugars (g)	24.2g	3.8g
Sodium (mg)	1421mg	223mg

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.

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2022 | CW30



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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thickly slice **carrot** into rounds.
- Place **carrot** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

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## Cook the curry

- When the veggies have **15 minutes** remaining, finely chop **brown onion**. Trim **green beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until softened slightly, **4-6 minutes**.
- Add **plant-based mince** and **green beans**. Cook, stirring occasionally and breaking up mince with a spoon, until browned, **3-4 minutes**.
- Add **tomato paste** and **Mumbai spice blend** and cook until fragrant, **1 minute**. Add **coconut milk**, the **water (for the curry)** and the **brown sugar**. Season generously with **salt** and **pepper**, then bring to a simmer.
- Reduce heat to medium-low and simmer until slightly thickened, **2-3 minutes**. Stir roasted **veggies** through **curry**.

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## Cook the garlic rice

- Meanwhile, 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 (for the rice)** 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 water is absorbed, **10 minutes**.

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

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## Serve up

- Divide garlic rice and Indian plant-based mince curry between bowls.
- Sprinkle with **roasted cashews** to serve. Enjoy!

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