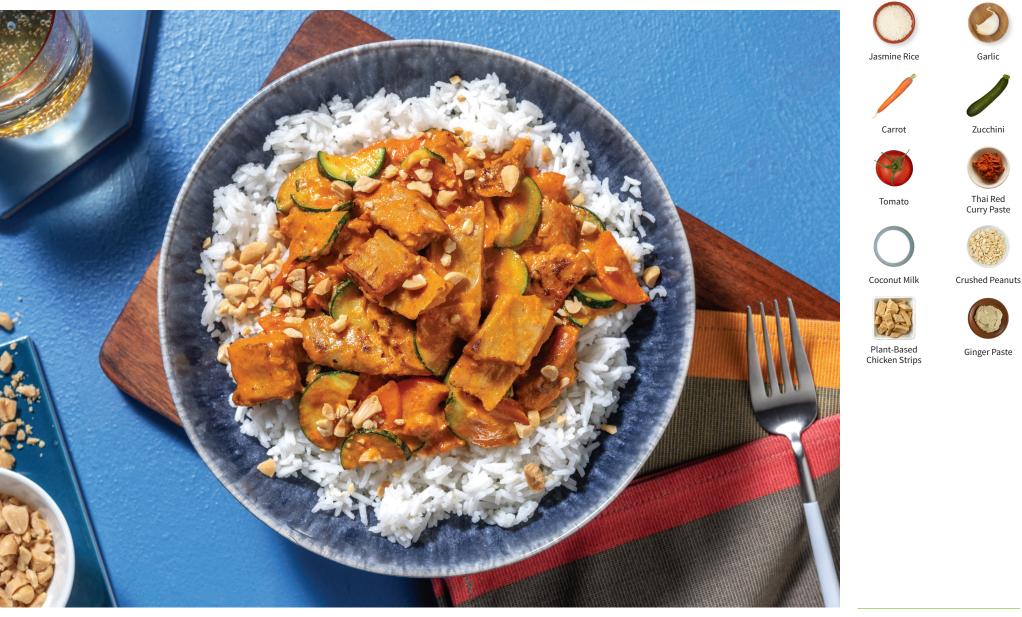


Thai Plant-Based Chick'n & Veggie Curry with Rice & Crushed Peanuts

Grab your Meal Kit with this symbol

Garlic

ALTERNATIVE PROTEIN



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

1 **Plant Based**

Alternative proteins are all the rage and for good reason - as you'll soon find out, they work wonders mixed in with fragrant jasmine rice and all of your favourite veggies.

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), 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

Medium saucepan with a lid \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
carrot	1	2
zucchini	1	2
tomato	1	2
plant-based chicken strips	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
Thai red curry paste 🥖	1 tin	2 tins
coconut milk	1 medium tin	2 medium tins
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tbs	1 tbs
brown sugar*	1⁄2 tbs	1 tbs
crushed peanuts	1 medium packet	1 large packet

* Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3142kJ (751Cal)	578kJ (138Cal)
Protein (g)	42.2g	7.8g
Fat, total (g)	36.8g	6.8g
- saturated (g)	17.3g	3.2g
${\sf Carbohydrate}(g)$	85.7g	15.8g
- sugars (g)	20.2g	3.7g
Sodium (mg)	2264mg	416mg

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.

We're here to help! Scan here if you have any questions or concerns 2023 | CW05





Cook the jasmine rice

Cook the chick'n strips

of olive oil.

• Return pan to medium-high heat with a drizzle

Cook plant-based chicken strips, tossing, until

browned, 4-5 minutes. Transfer to a plate.

- Add the water to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

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



Get prepped

 Meanwhile, finely chop garlic. Thinly slice carrot and zucchini into half-moons. Roughly chop tomato.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes.** Transfer to a bowl and season.

and -



Make the curry

- Return pan to medium-high heat with a drizzle of **olive oil**.
- SPICY! This is a mild curry paste, but add less if you're sensitive to heat. Cook garlic, ginger paste, Thai red curry paste and tomato, stirring, until fragrant, 1-2 minutes.
- Stir in coconut milk, the soy sauce, vinegar and brown sugar, and cook until slightly thickened, 2-3 minutes.
- Remove from heat and add veggies and plant-based chicken strips, stirring to coat. Season to taste.



Serve up

- Divide rice and Thai red plant-based chick'n & veggie curry between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

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