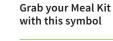


Plant-Based Chick'n & Mumbai Curry Sauce

with Garlic Rice & Flaked Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Basmati Rice

Zucchini

Tomato





Long Chilli (Optional)

Mumbai Spice Blend



Plant-Based Cooking Cream

Baby Spinach Leaves



Flaked Almonds





Pantry items Olive Oil, Plant-Based Butter



Prep in: 25-35 mins Ready in: 30-40 mins

🥖 Plant Based



flavour, it comes together easily for a mouth-watering meal that's bound to win hearts!

Rich, creamy and aromatic, this mild curry sauce has all the elements that make Indian food so appealing. Packed with

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 · Large frying pan Inaredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
plant-based butter*	20g	40g	
basmati rice	1 medium packet	1 large packet	
water* (for the rice)	1½ cups	3 cups	
zucchini	1	2	
tomato	1	2	
long chilli ∮ (optional)	1/2	1	
plant-based crumbed chicken	1 packet	2 packets	
Mumbai spice blend	1 large sachet	2 large sachets	
plant-based cooking cream	1 packet	2 packets	
water* (for the curry)	⅓ cup	⅔ cup	
baby spinach leaves	1 small bag	1 medium bag	
flaked almonds	1 medium packet	1 large packet	
plant-based crumbed chicken**	1 packet	2 packets	

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4056kJ (969Cal)	921kJ (220Cal)
Protein (g)	25g	5.7g
Fat, total (g)	53.7g	12.2g
- saturated (g)	6.9g	1.6g
Carbohydrate (g)	91.6g	20.8g
- sugars (g)	7.9g	1.8g
Sodium (mg)	1960mg	445mg
Custom Recipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	5373kJ (1284Cal)	976kJ (233Cal)
Protein (g)	39.6g	7.2g

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5373kJ (1284Cal)	976kJ (233Cal)
Protein (g)	39.6g	7.2g
Fat, total (g)	73.2g	13.3g
- saturated (g)	8.7g	1.6g
Carbohydrate (g)	110.6g	20.1g
- sugars (g)	8.9g	1.6g
Sodium (mg)	2736mg	497mg

The quantities provided above are averages only.

Allergens

2023 | CW07

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!





Cook the rice

- Finely chop garlic. In a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat.
- Cook 1/2 the 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 and keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



Start the curry sauce

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **zucchini**, stirring, until tender, 4-5 minutes.
- Add tomato, Mumbai spice blend and remaining garlic and cook, until fragrant, 1-2 minutes.



Prep the veggies

• Meanwhile, slice **zucchini** into half-moons. Roughly chop tomato. 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.

Custom Recipe: If you've doubled your plant-based crumbed chicken, cook in batches for the best results.



Finish the curry sauce

- To pan, stir in plant-based cooking cream and the water (for the curry), until slightly thickened, 2-3 minutes.
- · Remove from heat and stir in baby spinach leaves, until wilted. Season to taste.



Serve up

- Divide garlic rice between bowls. Top with plant-based crumbed chick'n.
- Spoon over Mumbai curry sauce.
- Sprinkle over flaked almonds. Top with long chilli to serve. Enjoy!

Rate your recipe Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate