



Plant-Based Chick'n & Mumbai Curry Sauce

with Garlic Rice & Flaked Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Zucchini



Tomato



Long Chilli (Optional)



Mumbai Spice Blend



Plant-Based Cooking Cream



Baby Spinach Leaves



Flaked Almonds



Plant-Based Crumbed Chicken



Plant-Based Crumbed Chicken

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

Plant Based

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter

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

Ingredients

	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)	½	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
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

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



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).



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.



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.



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

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