



# Hearty Potato & Coconut Curry

with Brown Rice & Cashews

Grab your Meal Kit with this symbol



Brown Rice



Potato



Carrot



Garlic



Baby Broccoli



Mild North Indian Spice Blend



Mumbai Spice Blend



Vegetable Stock Powder



Coconut Milk



Baby Spinach Leaves



Crushed Roasted Cashews



Chicken Breast

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

Eat Me Early\*

\*Custom Recipe only



Calorie Smart^

^Custom Recipe is not Calorie Smart

With its gentle warming heat and colourful veggies, a rich and creamy Indian curry is a favourite meal for good reason! Whip up this veggie version with baby broccoli, carrot and potato, plus wholesome brown rice that'll leave you embracing a modern classic.

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

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food

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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown rice	1 packet	2 packets
potato	1	2
carrot	1	2
garlic	2 cloves	4 cloves
baby broccoli	1 bag	1 bag
<b>butter*</b>	20g	40g
mild North Indian spice blend	1 sachet	1 sachet
Mumbai spice blend	1 sachet	2 sachets
vegetable stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
<b>water*</b>	¼ cup	½ cup
baby spinach leaves	1 medium bag	1 large bag
crushed roasted cashews	1 packet	2 packets
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2453kJ (586Cal)	548kJ (131Cal)
Protein (g)	15.4g	3.4g
Fat, total (g)	33.6g	7.5g
- saturated (g)	21.7g	4.8g
Carbohydrate (g)	83.3g	18.6g
- sugars (g)	15.3g	3.4g
Sodium (mg)	1141mg	255mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3198kJ (764Cal)	526kJ (126Cal)
Protein (g)	48.5g	8g
Fat, total (g)	38.9g	11.9g
- saturated (g)	23.3g	3.8g
Carbohydrate (g)	84.1g	13.8g
- sugars (g)	15.3g	2.5g
Sodium (mg)	1241mg	204mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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

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1



## Cook the brown rice

- Preheat oven to **220°C/200°C fan-forced**.
- Half-fill a medium saucepan with water. Add **brown rice** and a generous pinch of **salt**.
- Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**.
- Drain the **rice** and return to saucepan.

4



## Start the curry

- In a large frying pan, heat the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** until softened, **5-6 minutes**.
- Add **garlic**, **mild North Indian spice blend** and **Mumbai spice blend** and cook until fragrant, **1 minute**.

**Custom Recipe:** Before starting the curry, heat the frying pan over high heat with a drizzle of olive oil. Cook chicken, tossing, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step.

2



## Roast the veggies

- Meanwhile, cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle generously with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

5



## Finish the curry

- Add **vegetable stock powder**, **coconut milk** and the **water** to the pan. Simmer until thickened, **2-4 minutes**.
- Remove pan from heat, then stir through **roasted veggies** and **baby spinach leaves** until wilted. Season to taste.

**Custom Recipe:** Stir through chicken along with roasted veggies and baby spinach leaves. Season to taste.

3



## Get prepped

- When the veggies have **15 minutes** remaining, finely chop **garlic**. Cut **baby broccoli** into thirds.

**Custom Recipe:** If you've added chicken breast to your meal, cut chicken into 2cm chunks.

6



## Serve up

- Divide brown rice between plates. Top with hearty potato and coconut curry.
- Garnish with **crushed roasted cashews** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)