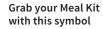


# Hearty Potato & Coconut Curry with Brown Rice & Cashews













Potato



Carrot





Baby Broccoli



Mild North Indian Spice Blend



Mumbai Spice



Vegetable Stock



Coconut Milk

**Baby Spinach** 



Crushed Roasted Cashews



Prep in: 25-35 mins Ready in: 30-40 mins Eat Me Early\*

\*Custom Recipe only



Calorie Smart<sup>^</sup>

^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.

**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
olive oil*	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
butter*	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
water*	1/4 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

<sup>\*</sup>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 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 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.



# 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**.



# 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.



# 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.



# 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.



# Serve up

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



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