



Sri Lankan Roast Veggie Curry & Garlic Rice

with Roasted Cashews & Coriander

MEAT-FREE MARVELS

Grab your Meal Kit with this symbol



Cauliflower



Green Beans



Carrot



Garlic



Basmati Rice



Tomato Paste



Sri Lankan Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Crushed Roasted Cashews



Coriander



Chicken Breast

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



Calorie Smart[^]
[^]Custom Recipe is not Calorie Smart



Eat Me Early*
*Custom Recipe only



Plant Based[^]
[^]Custom Recipe is not Plant Based

Our meat-free marvels make it easy (and delicious) to mix up your cooking routine whenever you like. This dish comes with a big juicy warning - it's too delicious to refuse. Be lured to the table when you get a good whiff of the Sri Lankan spiced veggies, tossed in a tomato based creamy curry.

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

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
tomato paste	½ packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
crushed roasted cashews	1 packet	2 packets
coriander	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2691kJ (643Cal)	477kJ (114Cal)
Protein (g)	16.3g	2.9g
Fat, total (g)	37.1g	6.6g
- saturated (g)	22.1g	3.9g
Carbohydrate (g)	85.7g	15.2g
- sugars (g)	14.5g	2.6g
Sodium (mg)	967mg	171mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3436kJ (821Cal)	475kJ (114Cal)
Protein (g)	49.4g	6.8g
Fat, total (g)	42.3g	5.8g
- saturated (g)	23.6g	3.3g
Carbohydrate (g)	86.5g	11.9g
- sugars (g)	14.6g	2g
Sodium (mg)	1066mg	147mg

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



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets. Trim **green beans**. Slice **carrot** into bite-sized chunks. Finely chop **garlic**.

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



Start the curry

- When the rice has **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **tomato paste** (see ingredients), **Sri Lankan spice blend** and the remaining **garlic** until fragrant, **1 minute**.

Custom Recipe: Before starting the curry, heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.



Roast the veggies

- Place **cauliflower**, **green beans** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.



Finish the curry

- Reduce heat to medium, then add **coconut milk**, **vegetable stock powder**, the **brown sugar** and **water (for the sauce)** and simmer until slightly reduced, **2-3 minutes**.
- Remove pan from heat, then stir through **roasted veggies** and **baby spinach leaves** until wilted. Season to taste.



Cook the garlic rice

- Meanwhile, heat a medium saucepan over medium heat with the **plant-based butter** and a dash of **olive oil**. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, **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 rice is tender and water is absorbed, **10 minutes**.

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



Serve up

- Divide garlic rice between bowls.
- Top with Sri Lankan roast veggie curry.
- Garnish with **crushed roasted cashews** and torn **coriander** to serve. Enjoy!

Rate your recipe

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