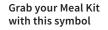


Sri Lankan Roast Veggie Curry & Garlic Rice

with Roasted Cashews & Coriander

MEAT-FREE MARVELS









Green Beans



Carrot





Tomato Paste

Basmati Rice





Coconut Milk

Spice Blend



Vegetable Stock







Coriander

Baby Spinach

Crushed Roasted Cashews



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



^Custom Recipe is not Calorie Smart



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 wiff of the Sri Lankan spiced veggies, tossed in a tomato based creamy curry.

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

9				
	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)	1/4 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
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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

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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.



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**.



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!



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.



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.



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!



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