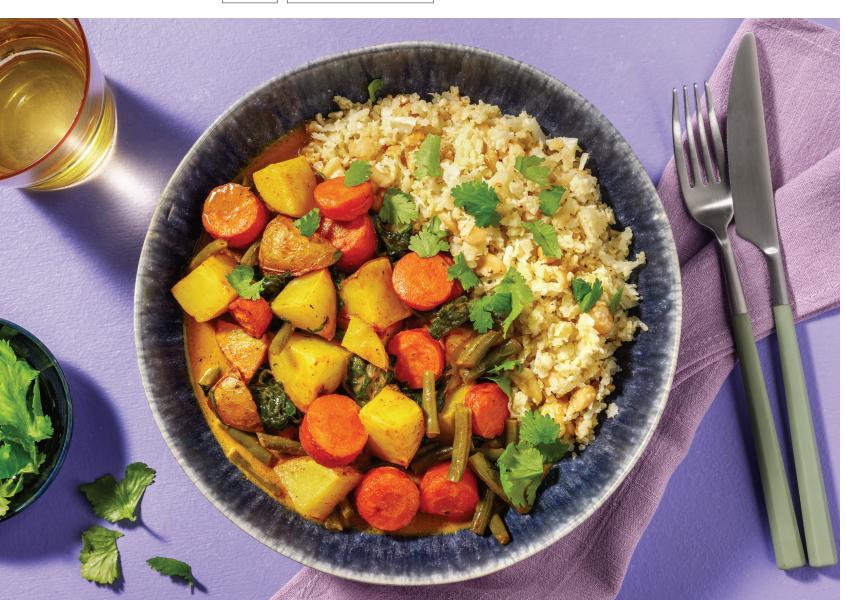
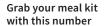


Mumbai Veggie Curry & Cauliflower Rice with Green Beans & Roasted Cashews

NEW

CLIMATE SUPERSTAR













Green Beans





Cauliflower Rice

Crushed Roasted Cashews



Mild Curry

Mumbai Spice Blend

Paste





Coconut Milk

Vegetable Stock Powder





Baby Leaves Coriander



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



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	1	2	
carrot	1	2	
garlic	3 cloves	6 cloves	
green beans	1 small packet	1 medium packet	
cauliflower rice	1 medium packet	1 large packet	
crushed roasted cashews	1 packet	2 packets	
butter*	20g	40g	
Mumbai spice blend	1 sachet	2 sachets	
mild curry paste	1 medium packet	1 large packet	
coconut milk	1 medium packet	2 medium packets	
vegetable stock powder	1 medium sachet	1 large sachet	
water*	1/4 cup	½ cup	
baby leaves	1 small packet	1 medium packet	
coriander	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1921kJ (459Cal)	328kJ (78Cal)
Protein (g)	13.8g	2.4g
Fat, total (g)	42.3g	7.2g
- saturated (g)	22.5g	3.8g
Carbohydrate (g)	48.4g	8.3g
- sugars (g)	24.5g	4.2g
Sodium (mg)	1155mg	197mg
Dietary Fibre (g)	15.7g	2.7g

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato and carrot into bite-sized chunks.
- Place veggies on a lined oven tray.
- Drizzle with **olive oil**, season and toss to coat.
- · Roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, finely chop garlic.
- Trim and cut green beans into thirds.



Cook the cauliflower rice

- When veggies have 10 minutes remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook cauliflower rice and half the garlic, stirring, until tender and fragrant, 2-3 minutes.
- Add the crushed roasted cashews and the butter and stir until combined. Season then transfer to a bowl. Cover to keep warm.



Start the curry

- Return the frying pan to medium-high heat with a drizzle of olive oil.
- · Cook green beans, tossing, until tender, 4-5 minutes.
- Add Mumbai spice blend, mild curry paste and the remaining garlic, and cook until fragrant,
- · Reduce heat to medium, then add coconut milk, vegetable stock powder and the water. Cook until slightly thickened, 1-2 minutes.



Bring it all together

· Remove from the heat, add roasted veggies and baby leaves to the curry, and stir until wilted.



Serve up

- Divide cauliflower rice between bowls.
- Top with Mumbai veggie curry.
- Tear over **coriander** to serve. Enjoy!







ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

