



Mumbai Veggie Curry & Cauliflower Rice

with Green Beans & Roasted Cashews

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Potato



Carrot



Garlic



Green Beans



Cauliflower Rice



Crushed Roasted Cashews



Mumbai Spice Blend



Mild Curry Paste



Coconut Milk



Vegetable Stock Powder



Baby Leaves



Coriander



Chicken Breast



Chicken Thigh

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

Calorie Smart

Rich, creamy and aromatic – this dish has all the elements of your favourite Indian curry. Roasted vegetables add mouth-watering flavour to this cosy meal, which sits on a bed of cauliflower rice with a sprinkling of roasted cashews for crunch!

Pantry items

Olive Oil, Butter

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

	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*	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



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**.



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, **1 minute**.
- Reduce heat to medium, then add **coconut milk**, **vegetable stock powder** and the **water**. Cook until slightly thickened, **1-2 minutes**.



Get prepped

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



Bring it all together

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



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.



Serve up

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

CUSTOM OPTIONS

+ 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.

