

Plant-Based Crumbed Chick'n & Ginger Veggies

with Mumbai Coconut Sauce & Garlic-Peanut Rice

ALTERNATIVE PROTEIN

Grab your meal kit with this number

31



Garlic



Jasmine Rice



Asian Greens



Carrot



Celery



Ginger Paste



Plant-Based Chicken Style Tenders



Mumbai Spice Blend



Coconut Milk



Crushed Peanuts



Plant-Based Chicken Style Tenders



Peeled Prawns

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

Plant Based

Plant-based crumbed chicken is so eye catching that we can't refuse, especially if you're serving it with a nutty garlic rice and a sauce that's the talk of the town. There's no way anyone could miss this dinner!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
Asian greens	1 packet	2 packets
carrot	1	2
celery	1 stalk	2 stalks
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
plant-based chicken style tenders	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3366kJ (805cal)	294kJ (70cal)
Protein (g)	31.9g	2.8g
Fat, total (g)	57.9g	5.1g
- saturated (g)	20.1g	1.8g
Carbohydrate (g)	65.8g	5.8g
- sugars (g)	13.3g	1.2g
Sodium (mg)	2817mg	246.2mg
Dietary Fibre (g)	9.7g	0.8g

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.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

2



Get prepped

- While rice is cooking, roughly chop **Asian greens**.
- Thinly slice **carrot** into half-moons.
- Thinly slice **celery**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **celery**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens**, **ginger paste** and the **soy sauce** and toss until fragrant and greens are just wilted, **1 minute**.
- Transfer to a bowl and cover to keep warm.

4



Cook the plant-based chicken

- Wipe out frying pan, then return to medium-high heat with enough **olive oil** to cover the base. Cook **plant-based chicken style tenders** until golden and heated through, **2-3 minutes** on each side. Transfer to a paper towel-lined plate.

5



Make the coconut sauce

- Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**. Cook **Mumbai spice blend** until fragrant, **1 minute**.
- Stir through **coconut milk** and the **brown sugar** and simmer until slightly thickened, **1-2 minutes**.

6



Serve up

- Stir **crushed peanuts** through the rice.
- Divide garlic-peanut rice between bowls.
- Top with plant-based crumbed chick'n and ginger veggies.
- Pour over Mumbai coconut sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS



DOUBLE PLANT-BASED CHICKEN STYLE TENDER

Follow method above, cooking in batches if necessary.



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

