

# Plant-Based Crumbed Chick'n & Ginger Veggies

with Mumbai Coconut Sauce & Garlic-Peanut Rice

ALTERNATIVE PROTEIN

Grab your meal kit with this number













Carrot

Asian Greens







Plant-Based Chicken Style Tenders



Mumbai Spice Blend



Coconut Milk







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

Medium saucepan with a lid · Large frying pan

## Ingredients

9			
	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	

<sup>\*</sup>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.



## 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!



# Get prepped

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



# 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.



## 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.



## 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.

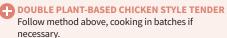


## Serve up

- 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!









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

