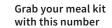


# Mumbai Loaded Veggie Curry & Rice

with Baby Broccoli & Peanuts

















Carrot

Baby Broccoli



Indian Spice Blend



Mumbai Spice





Coconut Milk

Vegetable Stock Powder

**Baby Leaves** 



**Crushed Peanuts** 

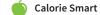






Prep in: 25-35 mins Ready in: 30-40 mins

**Plant Based** 





# 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 lid  $\cdot$  Oven tray lined with baking paper  $\cdot$  Large frying pan

# Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
water* (for the rice)	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
potato	1	2	
carrot	1	2	
garlic	2 cloves	4 cloves	
baby broccoli	½ medium bunch	1 medium bunch	
plant-based butter*	20g	40g	
mild North Indian spice blend	1 medium sachet	1 large sachet	
Mumbai spice blend	1 sachet	2 sachets	
vegetable stock powder	1 medium sachet	1 large sachet	
coconut milk	1 medium packet	2 medium packets	
water* (for the curry)	1/4 cup	½ cup	
baby leaves	1 medium packet	1 large packet	
crushed peanuts	1 packet	2 packets	

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2366kJ (565cal)	240kJ (57cal)
Protein (g)	14.8g	1.5g
Fat, total (g)	33.2g	3.4g
- saturated (g)	21.6g	2.2g
Carbohydrate (g)	80g	8.1g
- sugars (g)	16.7g	1.7g
Sodium (mg)	2779mg	281.6mg
Dietary Fibre (g)	9.7g	1g

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 jasmine rice

- Preheat oven to 220°C/200°C fan-forced.
- Add the water (for the rice) to a medium saucepan and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove pan from heat and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

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



# Roast the veggies

- Meanwhile, cut potato and carrot into bite-sized chunks
- Place veggies on a lined oven tray. Drizzle generously with olive oil and season with salt and pepper.
- Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



# Get prepped

- When the veggies have 15 minutes remaining, finely chop garlic.
- Cut baby broccoli (see ingredients) into thirds.



# Start the curry

- In a large frying pan, heat the plant-based butter with a drizzle of olive oil over medium-high heat. Cook baby broccoli until softened, 5-6 minutes.
- Add garlic, mild North Indian spice blend and Mumbai spice blend and cook until fragrant, 1 minute.



# Finish the curry

- Add vegetable stock powder, coconut milk and the water (for the curry) to the pan. Simmer until thickened, 2-4 minutes.
- Remove pan from heat, then stir through roasted veggies and baby leaves until wilted. Season to taste.

TIP: Add another splash of water if the curry looks too thick!



# Serve up

- Divide jasmine rice between plates.
- Top with baby broccoli and veggie coconut curry.
- Garnish with **crushed peanuts** to serve. Enjoy!





**OPTIONS** 

#### ADD CHICKEN BREAST

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

## ADD PEELED PRAWNS

Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary!

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

