



# Mumbai Loaded Veggie Curry & Rice

with Baby Broccoli & Peanuts

Grab your meal kit with this number

9



Jasmine Rice



Potato



Carrot



Garlic



Baby Broccoli



Mild North Indian Spice Blend



Mumbai Spice Blend



Vegetable Stock Powder



Coconut Milk



Baby Leaves



Crushed Peanuts



Chicken Breast



Peeled Prawns

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

Calorie Smart

Plant Based

Balance your weekly dinners with a wholesome, veggie-filled curry. With its gentle warming heat and colourful veggies, this rich and creamy Indian curry is a favourite for good reason!

### Pantry items

Olive Oil, Plant-Based 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

Medium saucepan with lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (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
<b>plant-based butter*</b>	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
<b>water*</b> (for the curry)	¼ cup	½ cup
baby leaves	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets

### \*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](https://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

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## 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!



## 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**.



## 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**.



## 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!



## Get prepped

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



## Serve up

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

### CUSTOM 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.

