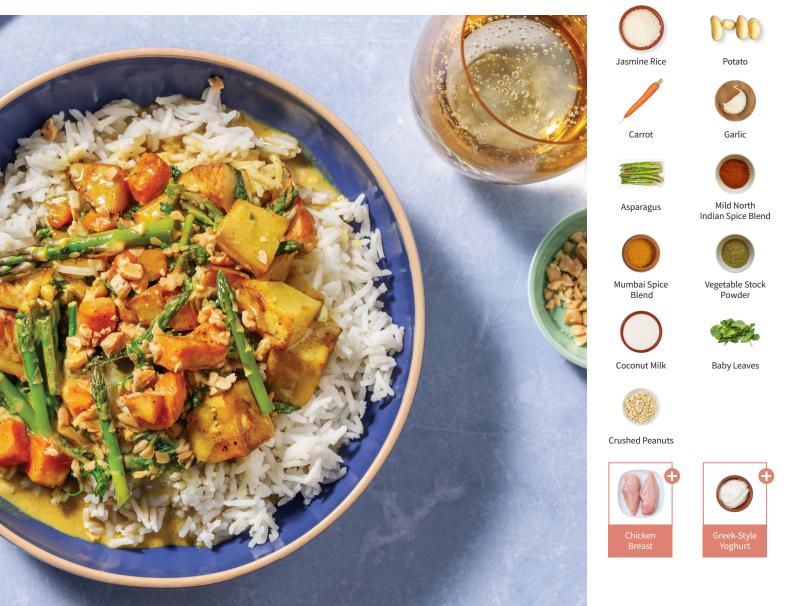


# Mumbai Asparagus & Veggie Coconut Curry with Jasmine Rice & Peanuts

CLIMATE SUPERSTAR





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

**Plant Based** 

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**Calorie Smart** 

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!

8 Grab your meal kit with this number

# 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

	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
asparagus	1 bunch	2 bunches
plant-based butter*	20g	40g
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	2 medium 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

\*Pantry Items

# Nutrition

Per Serving	Per 100g
2419kJ (578cal)	243kJ (58cal)
14.7g	1.5g
29g	2.9g
20.8g	2.1g
90.5g	9.1g
15.7g	1.6g
1476mg	148mg
10.1g	1g
	2419kJ (578cal) 14.7g 29g 20.8g 90.5g 15.7g 1476mg

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.
- To a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10 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**.
- Trim ends of **asparagus**.



# Start the curry

- In a large frying pan, heat the plant-based butter with a drizzle of olive oil over medium-high heat. Cook asparagus until softened, 5-6 minutes. Add a dash of water to help asparagus cook.
- 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 a splash of water if the curry looks too thick!



#### Serve up

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

We're here to help! Scan here if you have any questions or concerns 2024 | CW48

# CUSTOM OPTIONS

ADD CHICKEN BREAST Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Stir through finished curry. ADD GREEK-STYLE YOGHURT Dollop on top before serving. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

