



Mumbai Asparagus & Veggie Coconut Curry

with Jasmine Rice & Peanuts

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Jasmine Rice



Potato



Carrot



Garlic



Asparagus



Mild North Indian Spice Blend



Mumbai Spice Blend



Vegetable Stock Powder



Coconut Milk



Baby Leaves



Crushed Peanuts



Chicken Breast



Greek-Style Yoghurt

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
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)	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)	2419kJ (578cal)	243kJ (58cal)
Protein (g)	14.7g	1.5g
Fat, total (g)	29g	2.9g
- saturated (g)	20.8g	2.1g
Carbohydrate (g)	90.5g	9.1g
- sugars (g)	15.7g	1.6g
Sodium (mg)	1476mg	148mg
Dietary Fibre (g)	10.1g	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.

We're here to help!

Scan here if you have any questions or concerns

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1 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!



4 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**.



2 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**.



5 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!



3 Get prepped

- When the veggies have **15 minutes** remaining, finely chop **garlic**.
- Trim ends of **asparagus**.



6 Serve up

- Divide jasmine rice between plates.
- Top with asparagus 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. 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.

