



Plant-Based Crumbed Chick'n & Garlic Rice

with Mumbai Coconut Sauce

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Green Beans



Carrot



Plant-Based Crumbed Chicken Tenders



Mumbai Spice Blend



Coconut Milk



Plant-Based Crumbed Chicken Tenders

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

Plant Based

Plant-based crumbed chicken is so eye catching that we can't refuse, especially if you're serving with a garlic rice and a sauce that's the talk of the town. There's no way anyone could miss this dinner!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
green beans	1 bag (200g)	2 bags (400g)
carrot	1	2
plant-based crumbed chicken tenders	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets
brown sugar*	½ tsp	1 tsp
plant-based crumbed chicken tenders**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4088kJ (977Cal)	791kJ (189Cal)
Protein (g)	32.2g	6.2g
Fat, total (g)	60.8g	11.8g
- saturated (g)	24.7g	4.8g
Carbohydrate (g)	100.1g	19.4g
- sugars (g)	10.2g	2g
Sodium (mg)	1169mg	226mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6083kJ (1454Cal)	912kJ (218Cal)
Protein (g)	54.7g	8.2g
Fat, total (g)	92.6g	13.9g
- saturated (g)	28.8g	4.3g
Carbohydrate (g)	125g	18.7g
- sugars (g)	11.7g	1.8g
Sodium (mg)	2023mg	303mg

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

2023 | CW22



1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, and bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove 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



Cook the plant-based chick'n

- Return the frying pan to medium-high heat with enough **olive oil** to coat the base.
- Cook **plant-based crumbed chicken** until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate.

Custom Recipe: If you've doubled your plant-based crumbed chicken, heat pan as above. Cook plant-based crumbed chicken in batches for the best results.

2



Get prepped

- Meanwhile, trim and halve **green beans**. Thinly slice **carrot** into half-moons.

5



Make the sauce

- Wipe out the frying pan, then return to low heat with a drizzle of **olive oil**.
- Cook **Mumbai spice blend** until fragrant, **1 minute**.
- Stir through **coconut milk** and the **brown sugar**. Simmer until thickened slightly, **1-2 minutes**. Season to taste.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **carrot** until tender, **4-5 minutes**.
- Add the remaining **garlic** and cook until fragrant, **1 minute**.
- Season to taste. Transfer to a bowl and cover to keep warm.

6



Serve up

- Divide garlic rice between bowls.
- Top with garlic veggies and plant-based crumbed chicken.
- Pour Mumbai coconut sauce over plant-based chicken to serve. Enjoy!

Rate your recipe

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