



Easy Baked Mumbai Veggie Curry

with Rapid Rice & Peanuts

Grab your Meal Kit with this symbol



Tomato



Chopped Veggie Mix



Mumbai Spice Blend



Garlic Paste



Basmati Rice



Coconut Milk



Bengal Curry Paste



Vegetable Stock Powder



Baby Spinach Leaves



Greek-Style Yoghurt



Coriander



Roasted Peanuts

Hands-on: **10-20 mins**
Ready in: **35-45 mins**

Spicy (Bengal curry paste)

This quickly prepped and creamy Mumbai-style curry will add the spice you never knew you needed to your night. It's filled to the brim with bright veggies, fluffy rice and finished with a sprinkling of flair from the roasted peanut and cashew mix.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium or large baking dish · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
chopped veggie mix	1 packet (250g)	1 packet (500g)
Mumbai spice blend	½ sachet	1 sachet
garlic paste	1 packet (30g)	1 packet (60g)
basmati rice	1 packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
Bengal curry paste	1 packet (50g)	1 packet (100g)
vegetable stock powder	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bunch	1 bunch
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3140kJ (750Cal)	619kJ (147Cal)
Protein (g)	17g	3.4g
Fat, total (g)	38.4g	7.6g
- saturated (g)	25.8g	5.1g
Carbohydrate (g)	87.3g	17.2g
- sugars (g)	13.6g	2.7g
Sodium (mg)	1434mg	283mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1



Bake the veggies

Preheat the oven to **220°C/200°C fan-forced**. Boil a kettle of water. Roughly chop the **tomato**. In a baking dish, add the **chopped veggie mix, tomato, Mumbai spice blend** (see ingredients), **garlic paste** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then toss to coat and bake for **20 minutes**.

3



Bake the curry

SPICY! *The curry paste is hot. Use a little less if you are sensitive to heat.* Remove the dish from the oven, then add the **coconut milk, Bengal curry paste** and **vegetable stock powder**. Stir to combine, then return to the oven and bake until the veggies are tender, **8-10 minutes**. When the curry is done, stir through the **baby spinach leaves, butter** and **brown sugar**. Season to taste.

2



Make the rapid rice

While the veggies are baking, half-fill a medium saucepan with the **boiling water**. Add the **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and return to the saucepan.

4



Make the Sauce

Divide the rice between bowls and top with the baked Mumbai veggie curry. Top with the **Greek-style yoghurt** and tear over the **coriander**. Garnish with the **roasted peanuts**.

Enjoy!