



Baked Veggie Korma Curry

with Rapid Rice & Nuts

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Carrot



Courgette



Mild North Indian Spice Blend



Garlic Paste



Basmati Rice



Coconut Milk



Mild Curry Paste



Vegetable Stock Powder



Baby Spinach Leaves



Greek-Style Yoghurt



Coriander



Roasted Peanut & Cashew Mix



Chicken Breast

Prep in: 15-25 mins
Ready in: 40-50 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

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.

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

Pantry items

Olive Oil

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 or large baking dish · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
carrot	1	2
courgette	1	2
mild North Indian spice blend	1 sachet	1 sachet
garlic paste	1 packet	2 packets
basmati rice	1 packet	1 packet
coconut milk	1 packet (180ml)	2 packets (360ml)
mild curry paste	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bag	1 bag
roasted peanut & cashew mix	1 packet	2 packets
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2421kJ (579Cal)	400kJ (96Cal)
Protein (g)	19.4g	3.2g
Fat, total (g)	31.5g	5.2g
- saturated (g)	17.4g	2.9g
Carbohydrate (g)	97.7g	16.1g
- sugars (g)	19.7g	3.3g
Sodium (mg)	1649mg	272mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3181kJ (760Cal)	416kJ (99Cal)
Protein (g)	51.9g	6.8g
Fat, total (g)	37.2g	4.9g
- saturated (g)	19g	2.5g
Carbohydrate (g)	97.7g	12.8g
- sugars (g)	19.7g	2.6g
Sodium (mg)	1748mg	228mg

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 | CW14

1



Bake the veggies

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Cut **tomato, carrot** and **courgette** into bite-sized chunks.
- In a baking dish, add **tomato, carrot, courgette, mild North Indian spice blend, garlic paste** and a drizzle of **olive oil**. Season with **salt** and **pepper**, toss to coat and bake for **25-30 minutes**.

3



Bake the curry

- **SPICY!** The curry paste is hot. Use a little less if you are sensitive to heat. Remove the baking dish from the oven, then add **coconut milk, mild 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 **baby spinach leaves** until wilted. Season to taste.

Custom Recipe: When the curry is done, add in cooked chicken and stir through with the baby spinach leaves. Season to taste.

2



Make the rapid rice

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

Custom Recipe: If you've added chicken breast to your meal, cut chicken breast into 2cm chunks. In large frying pan, heat drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to plate.

4



Serve up

- Divide rice between bowls and top with baked veggie korma curry.
- Top with **Greek-style yoghurt** and tear over **coriander**.
- Garnish with **roasted peanut & cashew mix**. Enjoy!

Rate your recipe

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