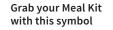


Baked Veggie Korma Curry with Rapid Rice & Nuts

CLIMATE SUPERSTAR











Courgette









Garlic Paste



Coconut Milk





Vegetable Stock



Baby Spinach

Leaves

Powder







Roasted Peanut & Cashew Mix

Pantry items



Coriander

Prep in: 15-25 mins Ready in: 40-50 mins Eat Me Early*

*Custom Page

*Custom Recipe only



*Custom Recipe is not Calorie Smart

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.

Olive Oil

This quickly prepped and creamy Mumbai-style curry will add the spice you never knew you needed to your

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

 ${\sf Medium\ or\ large\ baking\ dish\cdot Medium\ saucepan}$

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
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^{*}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





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.



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.



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.



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!

