



Hearty Potato & Coconut Curry

with Brown Rice & Cashews

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Rice



Potato



White Turnip



Garlic



Baby Broccoli



Mild North Indian Spice Blend



Mumbai Spice Blend



Vegetable Stock Powder



Coconut Milk



Baby Spinach Leaves



Crushed Roasted Cashews



Chicken Breast

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



Plant Based[^]

[^]Custom Recipe is not Plant Based



Calorie Smart^{*}

^{*}Custom Recipe is not Calorie Smart

Eat Me Early^{*}
^{*}Custom Recipe only

With its gentle warming heat and colourful veggies, a rich and creamy Indian curry is a favourite meal for good reason! Whip up this veggie version with turnip, broccoli and potato, plus wholesome brown rice that'll leave you embracing a modern classic.

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

Pantry items

Olive Oil, Plant-Based Butter

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
potato	1	2
white turnip	1	2
garlic	2 cloves	4 cloves
baby broccoli	1 bag	1 bag
plant-based butter*	20g	40g
mild North Indian spice blend	1 sachet	1 sachet
Mumbai spice blend	1 sachet	2 sachets
vegetable stock powder	1 large sachet	2 large sachets
coconut milk	1 medium packet	2 medium packets
water*	¼ cup	½ cup
baby spinach leaves	1 medium bag	1 large bag
crushed roasted cashews	1 packet	2 packets
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2656kJ (635Cal)	597kJ (143Cal)
Protein (g)	15g	3.4g
Fat, total (g)	38.7g	8.7g
- saturated (g)	22.5g	5.1g
Carbohydrate (g)	83.3g	18.7g
- sugars (g)	16.9g	3.8g
Sodium (mg)	1564mg	351mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3415kJ (816Cal)	564kJ (135Cal)
Protein (g)	47.5g	7.9g
Fat, total (g)	44.4g	7.3g
- saturated (g)	24.1g	4g
Carbohydrate (g)	83.3g	13.8g
- sugars (g)	16.9g	2.8g
Sodium (mg)	1662mg	275mg

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 brown rice

- Preheat oven to **220°C/200°C fan-forced**.
- Half-fill a medium saucepan with water. Add **brown rice** and a generous pinch of **salt**.
- Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**.
- Drain **brown rice** and return to saucepan.

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 **baby broccoli** until softened, **5-6 minutes**.
- Add **garlic**, **mild North Indian spice blend** and **Mumbai spice blend** and cook until fragrant, **1 minute**.

Custom Recipe: Before starting the curry, heat a large frying pan over high heat with a drizzle of olive oil. Cook chicken, tossing, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step.

2



Roast the veggies

- Meanwhile, cut **potato** and **white turnip** 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** to the pan. Simmer until thickened, **2-4 minutes**.
- Remove pan from heat and stir through **roasted veggies** and **baby spinach leaves** until wilted. Season to taste.

Custom Recipe: Stir through chicken along with roasted veggies and baby spinach leaves. Season to taste.

3



Get prepped

- Finely chop **garlic**. Cut **baby broccoli** into thirds.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

6



Serve up

- Divide brown rice between bowls. Top with hearty mild potato and coconut curry.
- Garnish with **crushed roasted cashews** to serve. Enjoy!

Rate your recipe

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