



Sri Lankan Banana Blossom Curry

with Garlic Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Green Beans



Banana Blossom



Tomato Paste



Sri Lankan Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Crushed Peanuts

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Plant Based

Traditionally used in Southeast Asian cooking and with a similar texture to cooked white fish, banana blossom is the perfect plant-based substitute for a classic Sri Lankan-style rice and curry bowl. Packed to the brim with nutritious veggies and crushed peanuts, you'll be glad you trusted us and tried this banging delight.

Pantry items

Olive Oil, Plant-Based 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 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* (for the rice)	1½ cups	3 cups
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
banana blossom	1 tin	2 tins
tomato paste	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
Sri Lankan spice blend	1 sachet	1 sachet
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the curry)	½ cup	½ cup
vegetable stock powder	1 large sachet	2 large sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3002kJ (717Cal)	524kJ (125Cal)
Protein (g)	17.8g	3.1g
Fat, total (g)	31.7g	5.5g
- saturated (g)	18.4g	3.2g
Carbohydrate (g)	86.8g	15.1g
- sugars (g)	12g	2.1g
Sodium (mg)	1511mg	264mg

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.



Cook the garlic rice

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

TIP: The rice will finish cooking in its own steam so don't peek!



Finish the curry

Reduce the heat to medium, then stir in the **banana blossom**, **coconut milk**, **water (for the curry)** and **vegetable stock powder** and simmer until thickened, **2-3 minutes**.



Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Trim the **green beans** and cut into thirds. Drain and rinse the **banana blossom**, then roughly chop.



Add the spinach

Remove from the heat, then stir through the **baby spinach leaves** until wilted. Season with **salt** and **pepper**.



Start the curry

When the rice has **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **green beans** until tender, **4-5 minutes**. Add the **tomato paste**, the **brown sugar**, **Sri Lankan spice blend** and remaining **garlic** and cook until fragrant, **1-2 minutes**.



Serve up

Divide the garlic rice between bowls and top with the Sri Lankan banana blossom curry. Top with the **crushed peanuts** to serve.

Enjoy!