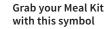


Sri Lankan Roast Veggie Curry & Garlic Rice

with Roasted Cashews & Coriander

CLIMATE SUPERSTAR













Carrot







Basmati Rice







Sri Lankan Spice Blend

Coconut Milk





Vegetable Stock Powder

Baby Spinach Leaves





Crushed Roasted Cashews

Coriander

Prep in: 20-30 mins Ready in: 30-40 mins

Plant Based

This dish comes with a big juicy warning - it's too delicious to refuse. Be lured to the table when you get a good wiff of the Sri Lankan spiced veggies, tossed in a tomato based creamy curry. Look out, that bite of garlic rice, teaming with curry will unleash the tastiest dinner and you'll be running back for seconds in no time.

Pantry items

Olive Oil, Plant-Based Butter, Brown

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
cauliflower	1 portion (400g)	2 portions (800g)	
courgette	1	2	
carrot	1	2	
garlic	3 cloves	6 cloves	
plant-based butter*	20g	40g	
basmati rice	1 packet	1 packet	
water* (for the rice)	1½ cups	3 cups	
tomato paste	½ packet	1 packet	
Sri Lankan spice blend	1 sachet	1 sachet	
coconut milk	1 tin (165ml)	1 tin (400ml)	
vegetable stock powder	1 medium sachet	1 large sachet	
brown sugar*	1 tsp	2 tsp	
water* (for the sauce)	1/4 cup	½ cup	
baby spinach leaves	1 small bag	1 medium bag	
crushed roasted cashews	1 medium packet	2 medium packets	
coriander	1 bag	1 bag	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3094kJ (739Cal)	523kJ (125Cal)
Protein (g)	14.6g	2.5g
Fat, total (g)	36.8g	6.2g
- saturated (g)	20.4g	3.4g
Carbohydrate (g)	81.9g	13.8g
- sugars (g)	12.5g	2.1g
Sodium (mg)	919mg	155mg

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.



Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Cut cauliflower into small florets. Slice courgette and carrot into bite-sized chunks. Finely chop garlic.



Roast the veggies

- Place cauliflower, courgette and carrot on a lined oven tray. Drizzle with olive oil, season with **salt** and toss to coat.
- · Spread out evenly, then roast until tender and brown around edges, 20-25 minutes.



Cook the garlic rice

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

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



Start the curry

- · When the rice has 5 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook tomato paste (see ingredients), **Sri Lankan spice blend** and the remaining garlic until fragrant, 1 minute.



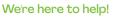
Finish the curry

- · Reduce heat to medium, then add coconut milk, vegetable stock powder, the brown sugar and water (for the sauce) and simmer until slightly reduced, 2-3 minutes.
- · Remove pan from heat, then stir through roasted veggies and baby spinach leaves until wilted. Season to taste.



Serve up

- Divide garlic rice between bowls.
- · Top with Sri Lankan roast veggie curry. Garnish with crushed roasted cashews and tear over coriander to serve. Enjoy!



Scan here if you have any questions or concerns