



Sri Lankan Roast Veggie Curry & Garlic Rice

with Roasted Cashews & Coriander

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Courgette



Carrot



Garlic



Basmati Rice



Tomato Paste



Sri Lankan Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Crushed Roasted Cashews



Coriander

Keep an eye out...
Due to recent sourcing challenges, we've replaced tomato with carrot, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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 whiff 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 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

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

Ingredients

	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)	¼ 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!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW46

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