



Mild Kumara & Coconut Curry

with Brown Rice & Roasted Cashews

Grab your Meal Kit with this symbol



Brown Rice



Kumara



Parsnip



Red Onion



Garlic



Baby Broccoli



Brown Mustard Seeds



Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Cream



Vegetable Stock Powder



Baby Spinach Leaves



Long Green Chilli (Optional)



Crushed Roasted Cashews

Hands-on: 25-35 mins
Ready in: 30-40 mins
 Spicy (optional long green chilli)

Plant Based

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 parsnip, baby broccoli and kumara, plus wholesome brown rice that'll leave you embracing a modern classic.

Pantry items

Olive Oil, Plant-Based Butter

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 · 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
water* (for the rice)	3 cups	6 cups
kumara	1 (medium)	1 (large)
parsnip	1	2
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
baby broccoli	1 bag	1 bag
plant-based butter*	20g	40g
brown mustard seeds	1 sachet	1 sachet
mild North Indian spice blend	1 sachet	1 sachet
Mumbai spice blend	1 medium sachet	2 medium sachets
coconut cream	1 tin (200ml)	1 tin (400ml)
water* (for the curry)	½ cup	1 cup
vegetable stock powder	1 large sachet	2 large sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
long green chilli (optional)	½	1
crushed roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3847kJ (919Cal)	747kJ (179Cal)
Protein (g)	17.6g	3.4g
Fat, total (g)	50.4g	9.8g
- saturated (g)	31.7g	6.2g
Carbohydrate (g)	96.9g	18.8g
- sugars (g)	23.8g	4.6g
Sodium (mg)	1540mg	299mg

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.

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Cook the rice

Preheat the oven to **220°C/200°C fan-forced**. In a medium saucepan, bring the **brown rice** and **water (for the rice)** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is tender, **25-30 minutes**. Drain and return to the saucepan.



Start the curry

In a large frying pan, melt the **plant-based butter** with a drizzle of **olive oil** over a medium-high heat. Cook the **brown mustard seeds**, stirring, until starting to pop, **1 minute**. Add the **onion** and **baby broccoli** and cook until softened, **5-6 minutes**. Add the **garlic**, **mild North Indian spice blend** and **Mumbai spice blend** and cook until fragrant, **1 minute**.



Roast the veggies

While the rice is cooking, peel the **kumara**. Cut the **kumara** and **parsnip** into bite-sized chunks. Place the **veggies** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Add a dash of **water** to the tray, spread out evenly, then roast until tender, **20-25 minutes**.



Finish the curry

Add the **coconut cream**, **water (for the curry)** and **vegetable stock powder** to the pan. Simmer until thickened, **2-4 minutes**. Stir through the **roasted veggies** and **baby spinach leaves** until the spinach has wilted, **1-2 minutes**. Season to taste.



Get prepped

When the veggies have **15 minutes** cook time remaining, thinly slice the **red onion**. Finely chop the **garlic**. Trim the **baby broccoli** and cut into thirds.



Serve up

Thinly slice the **long green chilli** (if using). Divide the brown rice between bowls. Top with the mild kumara and coconut curry. Garnish with the **crushed roasted cashews** and chilli to serve.

Enjoy!