



Mild Kumara & Coconut Curry

with Brown Rice & Roasted Cashews

Grab your Meal Kit with this symbol



Kumara



Parsnip



Red Onion



Garlic



Long Green Chilli (Optional)



Broccolini



Lemon



Brown Mustard Seeds



Mild North Indian Spice Blend



Coconut Cream



Vegetable Stock



Baby Spinach Leaves



Roasted Cashews

Hands-on: **25-35** mins
Ready in: **30-40** mins

Spicy (optional long green chilli)

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

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, 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 too.

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
long green chilli (optional)	½	1
broccolini	1 bunch	1 bunch
lemon	½	1
butter*	20g	40g
brown mustard seeds	1 sachet	2 sachets
mild North Indian spice blend	1 sachet	2 sachets
coconut cream	1 tin (200ml)	1 tin (400ml)
water* (for the curry)	½ cup	1 cup
vegetable stock	1 sachet	1 sachet
baby spinach leaves (60g)	1 bag (120g)	1 bag (120g)
roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3830kJ (915Cal)	760kJ (182Cal)
Protein (g)	21.6g	4.3g
Fat, total (g)	47.5g	9.4g
- saturated (g)	33.2g	6.6g
Carbohydrate (g)	95.6g	19.0g
- sugars (g)	22.0g	4.4g
Sodium (g)	572mg	114mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the brown rice

Preheat the oven to **240°C/220°C fan-forced**. In a medium saucepan, bring the **brown rice** and the **water (for the rice)** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan.



4. Start the curry

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



2. Roast the veggies

While the rice is cooking, cut the **kumara** and **parsnip** (both unpeeled) into 1cm chunks. Place the **kumara** and **parsnip** on an oven tray lined with baking paper, **drizzle** with **olive oil** and **season** with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



5. Finish the curry

Add the **coconut cream**, **water (for the curry)** and the **vegetable stock** to the frying pan. Simmer until thickened, **5 minutes**. Stir through the **roasted veggies** and **baby spinach leaves** until the spinach has wilted, **1-2 minutes**. **Squeeze** in **lemon juice** to taste and season with **salt** and **pepper**.



3. Get prepped

While the veggies are roasting, thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **long green chilli** (see **ingredients list**), if using. Trim the **broccolini** and cut into thirds. Slice the **lemon** (see **ingredients list**) into wedges.



6. Serve up

Divide the brown rice between bowls and top with the mild kumara and coconut curry. Garnish with the **roasted cashews** and chilli (if using). Serve with any remaining lemon wedges.

Enjoy!