

CURRY CRUMBLE VEGGIE BOWL



SERVES 4 | PREP 10 min | COOK 6 min

INGREDIENTS

- ◇ **1 cup** Plantly Curry Meatless Crumbles
- ◇ **3 cups** White rice, cooked
- ◇ **1 tbsp** Canola oil
- ◇ **1/2 cup** Onion, diced
- ◇ **1/2 cup** Carrots, diced
- ◇ **1/2 cup** Sweet potatoes, cubed
- ◇ **1/2 cup** Zucchini, cubed
- ◇ **1/2 cup** Plantly Non-Dairy Coconut Beverage, or preferred coconut milk
- ◇ **1/2 cup** Plantly Vegetable Broth, or preferred vegetable broth
- ◇ **Fried onions** (optional)
- ◇ **Cilantro**, chopped (optional)

INSTRUCTIONS

- 1.** In a large saucepan over medium heat, add canola oil, carrots, sweet potatoes, and zucchini. Sauté until softened, about 2-3 minutes.
- 2.** Add Plantly Curry Meatless Crumbles and warm throughout, about 2-3 minutes.
- 3.** In the same pan, add coconut milk and broth. Simmer until warm.
- 4.** To assemble - In a bowl, serve the curry mixture over cooked rice.
- 5.** Top with chopped cilantro and fried onions.

PLANTLY CURRY MEATLESS CRUMBLES

are authentic Vadouvan curry-style crumbles seasoned with turmeric, onion, garlic, and cayenne.



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