



More Than Food
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Thai Massaman Rice, Roasted Aubergine and Mushrooms

In the world of curry, as in the world of cowboys, there are the good, the bad and the ugly. Amongst the bad ones are those that sit there innocuously on your plate, not saying boo to a goose, but loaded with enough chilli to take down a rhino. As for the ugly, you need only go to the local take-away. For this Thai Massaman rice we combined the creaminess of peanut butter (our secret ingredient!) and organic coconut milk with the fresh tanginess of coriander and lime. It's so good it should be made a saint!

35 mins

vegan

gluten free

lactose free

spicy



Chestnut Mushrooms (1 punnet)



Coriander (2 tbsp)



Aubergine (1)



Green Beans (½ pack)



Basmati Rice (1 cup)



Cashew Nuts (2 tbsp)



Massaman Curry Paste (1 tbsp)



Organic Coconut Milk (200ml)




Peanut Butter (1½ tbsp)



Lime (½)

Ingredients

	2 PEOPLE	ALLERGENS
Chestnut Mushrooms, chopped	1 punnet	
Coriander, chopped	2 tbsp	
Aubergine, chopped	1	
Green Beans	½ pack	
Basmati Rice	1 cup	
Cashew Nuts	2 tbsp	Nuts
Massaman Curry Paste	1 tbsp	
Organic Coconut Milk	200ml	
Peanut Butter	1½ tbsp	Peanut
Lime	½	

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Ever wondered why some people salt and rinse sliced aubergine, known as “de-gorging” before cooking? They believe it removes some of its natural bitterness!

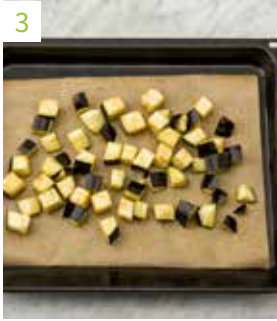
Nutrition per serving: Calories: 644 kcal | Protein: 16 g | Carbs: 93 g | Fat: 29 g | Saturated Fat: 18 g

1



1 Boil a pot of 350ml (exactly) of water in a pot with ¼ tsp of **salt**, and pre-heat your oven to 200 degrees. Roughly chop the **chestnut mushrooms**. Roughly chop the **coriander**. Chop the **aubergine** lengthways into about 8 strips then chop into 3cm chunks. Remove the ends of the **green beans** and chop into thirds.

3



2 Put the **rice** into the pot of boiling water. Cover with a tight lid and place on the lowest heat for 10 mins. Take the pot off the heat to rest for 10 mins. **Tip:** *Do not lift the lid from the pot at all during cooking and resting.*

4



3 Coat the **aubergine** evenly in 1½ tbsp of **olive oil**. Sprinkle over ¼ tsp of **salt** and a generous amount of black **pepper**. Tip onto a baking tray and cook on the top shelf of the oven until slightly crispy (20 mins).

5



4 Heat a non-stick frying pan on medium-high heat. Without adding oil, put your **cashews** in the pan. Leave them for around 5 mins, shaking the pan constantly, to brown, then remove to one side. **Tip:** *Watch your nuts like a hawk as they can burn easily.*

5 Add 2 tsp of **oil** to the empty frying pan together with the **massaman curry paste**. Stir the paste for 1 minute and then add the **coconut milk** and **chestnut mushrooms**. Once the **coconut milk** comes to the boil add the **green beans** and the **peanut butter** and turn the heat to low. Gently simmer for 10 mins.

6 Add the roasted **aubergine** into the curry mixture.

7 Fluff up your **rice** with a fork and add it to the pan with the **massaman** mixture in it. Gently fold the **rice** and three-quarters of the **coriander** into the sauce. Squeeze over the juice of half the **lime**. Serve into bowls and garnish with the remaining **coriander** and **cashews**.