



# Indonesian Style Veg Satay Curry with Roasted Sweet Potato and Rice

Classic 35-40 Minutes • Mild Spice • 5 of your 5 a day

20



Sweet Potato



Jasmine Rice



Pak Choi



Green Beans



Garlic Clove



Lime



Indonesian Style Spice Mix



Coconut Milk



Peanut Butter



Ketjap Manis



Soy Sauce



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Baking tray, saucepan, lid, garlic press, fine grater and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Jasmine Rice	150g	225g	300g
Pak Choi**	1	1½	2
Green Beans**	80g	120g	150g
Garlic Clove**	2	3	4
Lime**	1	1½	2
Indonesian Style Spice Mix	2 sachets	2 sachets	4 sachets
Coconut Milk	200ml	300ml	400ml
Peanut Butter <b>1</b>	30g	45g	60g
Ketjap Manis <b>11</b>	25g	37g	50g
Soy Sauce <b>11</b> <b>13</b>	15ml	25ml	30ml
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	817g	100g	947g	100g
Energy (kJ/kcal)	3661/875	448/107	4308/1030	455/109
Fat (g)	27.3	3.3	29.6	3.1
Sat. Fat (g)	18.0	2.2	18.6	2.0
Carbohydrate (g)	138.2	16.9	138.3	14.6
Sugars (g)	30.3	3.7	30.5	3.2
Protein (g)	20.8	2.5	52.2	5.5
Salt (g)	2.61	0.32	2.81	0.30

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**1)** Peanut **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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## Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Simmer the Sauce

Add the **pak choi**, **garlic** and the **Indonesian style spice mix** to the frying pan. Stir-fry for 30 secs.

Stir in the **coconut milk**, **peanut butter**, **ketjap manis**, **soy sauce**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then simmer until the **sauce** is slightly thickened, 4-5 mins. Stir occasionally to break the **peanut butter** apart.



## Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt** and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered).

Leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Finishing Touches

When the **sweet potato wedges** have roasted, stir them through the **curry**.

Stir in the **lime zest** and **half of the lime juice**.

Taste the **curry** and add more **salt**, **pepper** or more **lime juice** if needed.



## Prep and Fry

Meanwhile, trim the **pak choi**, then thinly slice widthways. Trim and halve the **green beans**.

Peel and grate the **garlic** (or use a garlic press). Zest and cut the **lime** into wedges.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **green beans**. Stir-fry until just soft, 4-5 mins.

## CUSTOM RECIPE

If you're adding **chicken**, add it to the pan with the **green beans**. Fry for the same amount of time, the **chicken** will cook through in the next step.

**IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Serve

Share the **rice** between bowls. Spoon over your **satay veg curry**.

Serve any remaining **lime wedges** alongside for squeezing over.

## Enjoy!