



Sweet Chilli Cauli and Chickpea Red Thai Style Curry

with Jasmine Rice and Coriander

18

Quick 20 Minutes • **Medium Spice** • 3 of your 5 a day



Cauliflower Florets



Chickpeas



Lime



Coriander



Jasmine Rice



Sweet Chilli Sauce



Red Thai Style Paste



Thai Style Spice Blend



Coconut Milk



Vegetable Stock Paste



King Prawns

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, kettle, saucepan, sieve and lid.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Chickpeas	1 carton	1½ cartons	2 cartons
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Jasmine Rice	150g	225g	300g
Sweet Chilli Sauce	32g	48g	64g
Red Thai Style Paste	50g	75g	100g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10	10g	15g	20g
King Prawns** 5	150g	225g	300g
Pantry	2P	3P	4P
Sugar*	½ tsp	1 tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	533g	100g	608g	100g
Energy (kJ/kcal)	3163 /756	594 /142	3329 /796	548 /131
Fat (g)	31.1	5.8	31.5	5.2
Sat. Fat (g)	20.5	3.9	20.7	3.4
Carbohydrate (g)	98.5	18.5	98.5	16.2
Sugars (g)	16.8	3.1	16.8	2.8
Protein (g)	19.9	3.7	28.8	4.7
Salt (g)	2.92	0.55	3.93	0.65

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3 Sesame **5** Crustaceans **10** Celery

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.

Contact

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60 Worship St, London EC2A 2EZ



Roast the Cauli

- Preheat your oven to 240°C/220°C fan/gas mark 9. Halve any large **cauliflower florets**.
- Pop the **cauli** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread them out in a single layer.
- When the oven is hot, roast on the top shelf until golden brown and tender, 15-18 mins.

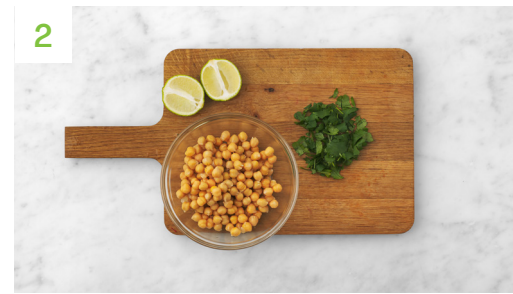


Curry Up

- When the **rice** has 5 mins remaining, heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Stir-fry the **red Thai style paste** and **Thai style spice blend** (add less if you'd prefer things milder) until fragrant, 30 secs.
- Stir in the **coconut milk**, **chickpeas**, **veg stock paste** and **sugar** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 3-4 mins.

CUSTOM RECIPE

If you're adding **prawns**, drain and add to the pan before the **spices**. Fry, 2-3 mins, then add the **spices** and continue as instructed. The **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Some Quick Prep

- Meanwhile, boil a half-full kettle. Drain and rinse the **chickpeas**.
- Halve the **lime**.
- Roughly chop the **coriander** (stalks and all).



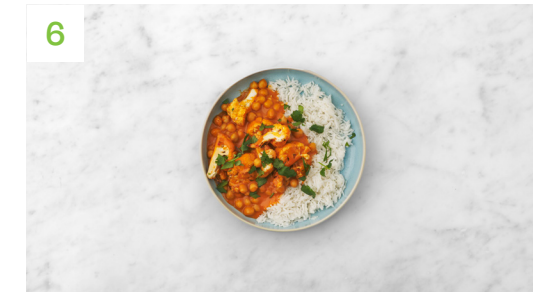
All Together Now

- When the **rice** is cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.
- Remove from the heat and add a squeeze of **lime**. Taste and season with **salt**, **pepper** and **lime juice**. Add a splash of **water** if you feel it needs it.
- When everything's ready, stir the **roasted cauli** into the **sauce**.



Glaze the Cauli

- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- When the **cauli** is halfway through cooking, remove from the oven and drizzle over the **sweet chilli sauce**.
- Turn to glaze the **cauli**, then return to the oven for the remaining time.



Finish and Serve

- Share your **rice** between your serving bowls.
- Spoon over the **red Thai style curry**.
- Sprinkle over the **coriander** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!