



Fragrant Indonesian Style Vegetable Curry with Courgette, Green Beans and Basmati Rice

Classic Eat Me Early • 35 Minutes • Very Hot • 2 of your 5 a day

19



Red Onion



Bell Pepper



Courgette



Green Beans



Lime



Salted Peanuts



Basmati Rice



Star Anise



Ginger Puree



Yellow Thai Style Paste



Coconut Milk



Vegetable Stock Paste



Soy Sauce



King Prawns



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, frying pan and fine grater.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	1½	2
Courgette**	1	1½	2
Green Beans**	150g	200g	300g
Lime**	½	¾	1
Salted Peanuts 1	25g	40g	50g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Star Anise	1 pot	1 pot	1 pot
Ginger Puree	1 sachet	1½ sachets	2 sachets
Yellow Thai Style Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	400ml	400ml
Water for the Sauce*	75ml	100ml	150ml
Vegetable Stock Paste 10	10g	15g	20g
Soy Sauce 11 13	15ml	15ml	30ml
 King Prawns** 5	150g	225g	300g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, orange or red to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	584g	100g
Energy (kJ/kcal)	2813/672	481/115
Fat (g)	29	5
Sat. Fat (g)	17	3
Carbohydrate (g)	85	14
Sugars (g)	13	2
Protein (g)	17	3
Salt (g)	3.98	0.68

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	650g	100g
Energy (kJ/kcal)	3032/725	460/110
Fat (g)	29	4
Sat. Fat (g)	18	3
Carbohydrate (g)	85	13
Sugars (g)	13	2
Protein (g)	29	4
Salt (g)	4.88	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 5) Crustaceans 10) Celery 11) Soya 13) 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, 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.

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Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Trim the **courgette**, then halve lengthways. Slice into 1cm wide half moons. Trim the **green beans** and chop in half. Zest and halve the **lime**. Roughly chop the **peanuts**.



Cook the Curry

Pop the (now empty) pan back on medium heat with a drizzle of **oil**. Add the **onion** and stir-fry until soft, 3-4 mins. Add the **ginger puree** and **yellow Thai style paste** along with a pinch of **sugar** (if you have some). Stir-fry for 1 min more. Add the **green beans, pepper** and **courgette**, then stir-fry until starting to soften, 3-4 mins. Stir in the **coconut milk, water for the sauce** (see ingredients for amount) and **veg stock paste**. Reduce the heat and simmer until the **curry** has thickened and the **vegetables** are tender, 4-5 mins.



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice, star anise** and **¼ tsp salt**. Cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish Up

When the **curry** is cooked, stir through the **soy sauce** and add a squeeze of **lime juice**. Taste and add more **lime juice** if needed. Remove the **star anise** from the **rice**, fluff it up with a fork then stir through the **lime zest**.



CUSTOM RECIPE

If you've added **prawns** to your recipe, when the **curry** is cooked, stir in the **prawns** and cook for another 3-4 mins. Continue with the step as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Toast the Nuts

Heat a large frying pan on medium heat (no oil). Once hot, add the **peanuts** and dry-fry until toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily. Once toasted, pop them into a small bowl and set aside.



Serve

When everything is ready, serve the **rice** in bowls with the **Thai style veggie curry** on top. Finish by sprinkling over the **toasted peanuts**.

Enjoy!