



Indonesian Curry

with Courgette, Green Beans and Star Anise Rice



HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!



Water



Basmati Rice



Vegetable Stock Pot



Star Anise



Onion



Ginger



Red Pepper



Courgette



Green Beans



Coriander



Yellow Curry Paste



Coconut Milk



Cashew Nut Pieces



Soy Sauce



Lime

35 mins

Vegan

4.5 of your 5 a day

Very Hot

They grow a lot of coconuts in Indonesia and love to cook with them. The country's food is often spicy but the heat is offset with sweetness from the coconuts and often a sour note too. We're attempting this balancing act in today's curry. The sauce bathing the veggies should be hot, sharp and sweet. Top it all off with golden toasted cashews and the herbal note of coriander and enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Fine Grater** and two **Frying Pans**. Now let's get cooking!



1 COOK THE RICE

Boil the **water** (amount specified in the ingredient list) in a large saucepan over high heat. Add the **basmati rice**, half the **vegetable stock pot** and the **star anise**. Stir to dissolve the **stock pot** then cover with a lid, lower the heat to medium and cook for 10 mins. Remove from the heat and set aside for another 10 mins. The **rice** will finish cooking in its own steam.



2 PREP THE VEGGIES

Meanwhile, halve, peel and thinly slice the **onion** into half moons. Peel and grate the **ginger**. Halve, then remove the core from the **red pepper** and chop into 2cm pieces. Remove the top and bottom from the **courgette**. Cut in half lengthways then slice into 1cm wide half moons. Trim the tops from the **green beans** and chop in half. Roughly chop the **coriander** (stalks and all).



3 START THE CURRY

Put a drizzle of **oil** in a frying pan on medium heat. Add the **onion** and cook, stirring, until soft, 5 mins. Add the **ginger** and **yellow curry paste** along with a pinch of **sugar** (if you have some) and cook, still stirring, for another minute. Add the rest of the **veggies**, along with the **coconut milk** and remaining **stock pot**. Stir to dissolve the **stock pot**, then simmer until thickened, 10 mins.



4 TOAST THE NUTS

While the curry cooks, put another frying pan on high heat and add the **cashew nut pieces** (no oil). Toast until golden, 2-3 mins. Shake the pan often. ★ **TIP:** Watch your nuts like a hawk as they burn easily! Remove from the pan and set aside.



5 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 desired. Fluff the **rice** up with a fork and remove the **star anise**.



6 SERVE

Serve the **rice** in bowls with a generous portion of **Indonesian curry** on top. Finish by sprinkling over the chopped **coriander** and toasted **cashew nuts**. **Enjoy!**

2 PEOPLE INGREDIENTS

Water*	300ml
Basmati Rice	150g
Vegetable Stock Pot 9) 12)	1
Star Anise	1
Onion, sliced	1
Ginger, grated	1 knob
Red Pepper, chopped	1
Courgette, sliced	1
Green Beans, halved	1 pack
Coriander, chopped	1 bunch
Yellow Curry Paste	1 tbsp
Coconut Milk	400ml
Cashew Nut Pieces 8)	25g
Soy Sauce 1) 6)	1½ tbsp
Lime	½

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	891	124
(kJ)	3725	517
Fat (g)	48	7
Sat. Fat (g)	35	5
Carbohydrate (g)	94	13
Sugars (g)	26	4
Protein (g)	19	3
Salt (g)	5.95	0.83

ALLERGENS

1)Gluten 6)Soya 8)Nuts 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser (Tara Gum), **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

Soy Sauce Ingredients: Water, Soybeans, Salt, Sugar, **Wheat** Flour (**Gluten**), Preservative E211, Food Colouring E150d

👍 THUMBS UP OR THUMBS DOWN?

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