



INDONESIAN INSPIRED RICE

with Red Peppers, Peanuts and Coriander Drizzle



HELLO CORIANDER

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



Vegetable Stock Powder



Basmati Rice



Ground Turmeric



Green Beans



Red Pepper



Carrot



Ginger



Spring Onion



Coriander



Lime



Chilli Flakes



Ketjap Manis



Soy Sauce



Salted Peanuts

MEAL BAG

30 mins

2 of your 5 a day

Little heat

Veggie

A rainbow of fresh vibrant colours, fragrance and flavours. Fluffy rice, green beans, red peppers and carrots made spicy with chilli flakes, ginger and lime zest and balanced with sweet ketjap manis and topped with coriander, peanuts and soy sauce. A vegetarian feast.

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**), **Coarse Grater**, **Fine Grater** and **Large Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Pour the **water** (see ingredients list for amount) into a large saucepan over high heat. Stir in the **stock powder** and add the **basmati rice** and **turmeric**. Stir and bring to the boil, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. ★ **TIP:** The rice will finish cooking in its own steam.



2 GET PREPPED

While the **rice** is cooking, trim the **green beans** and chop into thirds. Halve the **red pepper**, remove the core and the seeds then thinly slice. Trim the **carrot** and grate on a coarse grater (no need to peel). Peel and grate the **ginger**. Trim the **spring onion** then thinly slice. Roughly chop the **coriander** (stalks and all). Zest the **lime** then cut in half.



3 STIR-FRY THE VEGGIES

Heat a drizzle of **oil** in a large frying pan over a medium-high heat. Once hot, add the **green beans** and **red pepper**. Stir-fry for 5-6 mins or until the **pepper** is softened and the **beans** are slightly charred.



4 FINISH THE VEGGIES

Add the **spring onion**, **ginger**, **lime zest**, and a tiny pinch of **chilli flakes** (you can add more later if you want to ramp up the heat!) to the pan. Stir together and cook for 1 minute, then pour in the **ketjap manis** and **half** the **soy sauce**. Stir together and cook for 2 minutes, then remove from the heat.



5 MAKE THE DRIZZLE

Mix the **coriander** with the **olive oil** (see ingredients list for amount) in a small bowl. Squeeze in half the **lime juice**, the remaining **soy sauce**, a grind of **pepper** and a pinch of **sugar** (if you have some). Mix together.



6 COMBINE AND SERVE

Fluff up the **rice** with a fork and stir it into the **veggie mixture** along with the **grated carrot**. Serve in bowls with the **coriander drizzle** on top and a sprinkling of **peanuts**. Scatter some **chilli flakes** on top if you like things extra spicy! **Enjoy!**

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Water*	300ml	450ml	600ml
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Basmati Rice	150g	225g	300g
Ground Turmeric	½ pot	¾ pot	1 pot
Green Beans *	1 small pack	1 large pack	2 small packs
Red Pepper *	1	2	2
Carrot *	1	1	2
Ginger *	1 piece	1 piece	2 pieces
Spring Onion *	2	3	4
Coriander *	½ bunch	¾ bunch	1 bunch
Lime *	1	1	2
Chilli Flakes	a pinch	a pinch	a pinch
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Salted Peanuts 1)	1 small bag	1 large bag	2 small bags

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 415G	PER 100G
Energy (kJ/kcal)	2270 / 543	547 / 131
Fat (g)	16	4
Sat. Fat (g)	3	1
Carbohydrate (g)	83	20
Sugars (g)	19	5
Protein (g)	16	4
Salt (g)	5.11	1.23

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 10) Celery 11) Soya 13) Gluten



Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.



THUMBS UP OR THUMBS DOWN?

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