



Massaman Style Aubergine Curry with Mushrooms, Cashews and Rice

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day

19



Closed Cup Mushrooms



Coriander



Garlic Clove



Lime



Aubergine



Basmati Rice



Cashew Nuts



Massaman Curry Paste



Coconut Milk



Vegetable Stock Paste



Peanut Butter



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

Garlic press, fine grater, baking tray, sauce pan, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Closed Cup Mushrooms**	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Lime**	½	¾	1
Aubergine**	1	2	2
Basmati Rice	150g	225g	300g
Cashew Nuts 2)	25g	40g	40g
Massaman Curry Style Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
King Prawns** 5)	150g	225g	300g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	492g	100g
Energy (kJ/kcal)	2923/699	595/142
Fat (g)	35.6	7.2
Sat. Fat (g)	19.2	3.9
Carbohydrate (g)	75.8	15.4
Sugars (g)	8.4	1.7
Protein (g)	18.1	3.7
Salt (g)	2.68	0.55

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	567g	100g
Energy (kJ/kcal)	3143/751	555/133
Fat (g)	36.3	6.4
Sat. Fat (g)	19.5	3.4
Carbohydrate (g)	75.8	13.4
Sugars (g)	8.4	1.5
Protein (g)	29.9	3.7
Salt (g)	3.58	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nuts 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, 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

Preheat your oven to 220°C/200°C fan/gas mark 7.

Thinly slice the **mushrooms**. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Zest and **halve** the **lime**.

Trim the **aubergine**, then halve lengthways. Cut into roughly 3cm pieces.



Roast the Aubergine

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 20-25 mins. Turn halfway through.



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



Toast the Nuts

Heat a medium frying pan on medium heat (no oil).

Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch them like a hawk as they can burn easily.**

Once toasted, transfer to a bowl and set aside.

Pop your (now empty) pan back on medium heat with a drizzle of **oil**.



Make the Curry

Once the pan is hot, add the **mushrooms** and stir-fry until golden brown, 3-4 mins.

Stir in the **garlic** and **massaman curry paste** and cook for 1 min, then pour in the **coconut milk**, **water for the sauce** (see ingredients for amount), **vegetable stock paste** and **peanut butter**.

Stir thoroughly to combine and bring to the boil, then reduce the heat to medium-low and simmer until the liquid has reduced by half, 6-8 mins.

CUSTOM RECIPE

If you've chosen to add **king prawns** to your meal, add the **prawns** to the **curry** 4 mins before it's cooked. Simmer for 3-4 mins. **IMPORTANT: Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.**



Finish and Serve

Once reduced, remove your **curry** from the heat and stir in the **roasted aubergine**. Squeeze in the **lime juice** and stir in **half** the **coriander**. Taste and season with **salt**, **pepper** and more **lime juice** if needed.

Fluff up the **rice** with a fork and stir through the **lime zest**, then spoon into your bowls.

Top with the **aubergine curry** and sprinkle over the **cashews** and remaining **coriander** to finish.

Enjoy!