



NICE 'N' SPICY GOLDEN RICE

with Veggie Jewels



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

Hands on: 30 mins
Total: 30 mins

Family Box

1.5 of your
5 a day

Veggie

Little heat

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.

12

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got **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 ingredient list for amount) into a saucepan over high heat. Stir in the **vegetable stock powder** and pour in the **basmati rice** and **turmeric**. Stir and bring to the boil, lower the heat to medium and pop a lid on the pan. 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).



2 GET PREPPED

While the **rice** is cooking, trim the **green beans** and chop them into three pieces. Halve the **red pepper**, remove the core and the seeds then thinly slice. Trim the **carrot** then grate on the coarse side of your 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 COOK THE VEG

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 onions**, **ginger**, **lime zest**, and a tiny pinch of **chilli flakes** (you can add more later if you want to ramp up the heat!) into the pan. Stir together and cook for 1 minute, then pour in the **ketjap manis** and 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 for amount) in a small bowl. Squeeze in **half the lime juice** and a pinch of **pepper** and **sugar**. Mix together. Roughly crush the **peanuts**.



6 FINISH 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 **herby drizzle** on top and a sprinkle of **peanuts**. Scatter some **chilli flakes** on top if you like things extra spicy! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	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	1	2
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)	1 sachet	1½ sachets	2 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 402G	PER 100G
Energy (kJ/kcal)	2232 / 534	555 / 133
Fat (g)	16	4
Sat. Fat (g)	3	1
Carbohydrate (g)	82	20
Sugars (g)	19	5
Protein (g)	15	4
Salt (g)	3.07	0.76

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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