



Sri Lankan Style Sweet Potato Curry

with Green Beans, Basmati Rice and Cashews

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day

4



Onion



Garlic Clove



Ginger



Green Beans



Sweet Potato



Coriander



Basmati Rice



Sri Lankan Style Curry Powder



Coconut Milk



Peanut Butter



Vegetable Stock Paste



Lime



Cashew Nuts



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

Cooking tools

Garlic press, fine grater, saucepan, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Ginger**	1	1	2
Green Beans**	150g	200g	300g
Sweet Potato**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Basmati Rice	150g	225g	300g
Sri Lankan Style Curry Powder	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Peanut Butter 1)	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Lime**	½	1	1
Cashew Nuts 2)	25g	40g	40g
King Prawns** 5)	150g	225g	300g

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

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3364/804	651/156
Fat (g)	33.5	6.5
Sat. Fat (g)	19.2	3.7
Carbohydrate (g)	103.3	20.4
Sugars (g)	16.7	3.2
Protein (g)	19.7	3.8
Salt (g)	1.23	0.24

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	592g	100g
Energy (kJ/kcal)	3584/856	606/145
Fat (g)	34.3	5.8
Sat. Fat (g)	19.5	3.3
Carbohydrate (g)	105.3	17.8
Sugars (g)	16.7	2.8
Protein (g)	31.4	5.3
Salt (g)	2.13	0.36

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 2) Nuts 5) Crustaceans 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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Prep the Veg

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Peel and grate the **ginger**. **TIP:** Use a teaspoon to easily scrape away the peel.

Trim the **green beans** and cut into 3 pieces. Peel the **sweet potato** and chop into 1cm cubes.

Roughly chop the **coriander** (stalks and all).



Simmer your Curry

Stir in the **coconut milk**, **water for the sauce** (see ingredients for amount), **peanut butter**, **veg stock paste** and **sweet potato**. Bring to a simmer, then cover with a lid (or foil).

Cook, stirring occasionally, until the **sweet potato** is just cooked, 10-15 mins.

Add the **green beans**, cover again, then continue to cook until the **beans** are tender, 4-5 mins.

CUSTOM RECIPE

If you've chosen to add **king prawns** to your meal, add to the **curry** when you add the **green beans** and cook for 5-6 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.



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 $\frac{1}{4}$ **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).



Toasting Time

Meanwhile, zest and halve the **lime**.

Heat a small 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.



Bring on the Spices

Heat a drizzle of **oil** in a saucepan on medium heat.

Once hot, add the **onion** and cook, stirring occasionally, until softened, 4-5 mins.

Stir in the **Sri Lankan style curry powder**, **garlic** and **ginger** and cook for 1 min more.



Finish and Serve

Once the **beans** are tender, remove your **curry** from the heat and add a squeeze of **lime juice**.

Stir through **three quarters** of the **coriander**. Season to taste with **salt** and **pepper** if needed. Add a splash of **water** if it's a bit thick.

Fluff up the **rice** with a fork and stir in the **lime zest**, then share between your bowls. Top with your **sweet potato curry**.

Scatter over the **cashews** and remaining **coriander** to finish.

Enjoy!