














# Sri Lankan Style Veggie Curry and Rice

with Coconut, Chilli and Lime Sambol

23

Calorie Smart 25-30 Minutes • Mild Spice • 3 of your 5 a day • Veggie • Under 650 Calories



-  Cauliflower Florets
-  Garlic Clove
-  Green Beans
-  Basmati Rice
-  Desiccated Coconut
-  Sri Lankan Style Curry Powder
-  Tomato Puree
-  Coconut Milk
-  Vegetable Stock Paste
-  Lime
-  Red Chilli

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Baking tray, garlic press, saucepan, lid, frying pan, bowl and fine grater.

## Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Garlic Clove**	1	1	2
Green Beans**	150g	200g	300g
Basmati Rice	150g	225g	300g
Desiccated Coconut	15g	25g	25g
Sri Lankan Style Curry Powder	2 sachets	2 sachets	4 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste (10)	10g	15g	20g
Lime**	½	1	1
Red Chilli**	½	¾	1
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	150ml	225ml	300ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	458g 2518 /602	100g 549 /131
Fat (g)	24.5	5.4
Sat. Fat (g)	20.9	4.6
Carbohydrate (g)	81.0	17.7
Sugars (g)	9.3	2.0
Protein (g)	14.5	3.2
Salt (g)	1.07	0.23

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

PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

### 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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## Roast the Cauli

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

Halve any large **cauliflower florets** and pop them 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 golden brown and tender, 15-20 mins. Turn halfway through.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and chop into thirds.



## Start your Curry

Heat a drizzle of **oil** in the (now empty) frying pan on medium heat.

Once hot, add the **garlic**, **Sri Lankan style curry powder** and **tomato puree** to the pan. Cook for 1 min, then add the **green beans**, **coconut milk**, **vegetable stock paste** and **water for the sauce** (see pantry for amount).

Stir to combine, bring to the boil, then lower the heat and simmer gently until slightly thickened, 5-6 mins. Add a splash of **water** if it gets too thick.

Scan to get your exact PersonalPoints™ value



## Rice Time

Meanwhile, pour the **cold water for the rice** (see pantry 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).



## Make the Sambol

Meanwhile, zest and halve the **lime**. Halve the **chilli** lengthways (see ingredients for amount), deseed, then finely chop.

Add the **lime zest** and **chilli** to your bowl of **toasted coconut**. Squeeze in a **quarter of the lime juice**, season with **salt** and mix well to combine.

Set your **coconut sambol** aside until serving.



## Toast the Coconut

While the **rice** cooks, heat a large frying pan on medium heat (no oil).

Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch it like a hawk as it can burn easily.

Once toasted, transfer to a bowl and set aside.



## Finish and Serve

Once the **curry** has thickened, season with **salt** and **pepper**. Squeeze in the remaining **lime juice**, stir well, then taste and add more **salt**, **pepper** and **lime juice** if needed.

When **cauliflower** is roasted, add to the **curry** and stir through.

Fluff up the **rice** with a fork, then divide between your bowls. Spoon the **Sri Lankan style curry** over the top and sprinkle with the **coconut sambol**.

## Enjoy!