



THAI MASSAMAN RICE

with Roasted Aubergine & Mushrooms



HELLO CORIANDER

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



Chestnut Mushrooms



Coriander



Aubergine



Green Beans



Basmati Rice



Cashew Nuts



Coconut Milk



Massaman Curry Paste



Peanut Butter



Lime

MEAL BAG

35 mins

3.5 of your 5 a day

Very hot

Veggie

The secret ingredient in tonight's dinner is peanut butter! Along with the coconut milk it brings a richness and creaminess to temper the chilli fire from the curry paste. You don't see massaman dishes on Thai menus as often as the standard red or green curries so it's worth knowing how to knock one up yourself.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Measuring Jug**, some **Baking Paper**, a **Baking Tray** and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C. Pour the **water** (see ingredients for amount) into a large saucepan along with a pinch of **salt** and bring to the boil. Meanwhile, roughly chop the **chestnut mushrooms**. Roughly chop the **coriander** (stalks and all). Remove the stalk top from the **aubergine**, halve lengthways and chop into 3cm chunks. Trim the **green beans** then chop into thirds.



4 TOAST THE NUTS

Put a frying pan on medium-high heat (no oil). Add the **cashew nuts**. Cook, shaking the pan constantly until the **nuts** are lightly browned, 3-4 mins. Transfer to a small bowl and set aside. **★ TIP:** Watch your nuts like a hawk as they can burn easily.



2 COOK THE RICE

When the **water** is boiling, stir in the **rice**, lower the heat to medium and pop a lid on. Leave to cook for 10 mins, then remove the pan 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.



5 START THE CURRY

Return your now empty frying pan to medium heat and add the **coconut milk**, **massaman curry paste** and **peanut butter**. **★ TIP:** Add less paste if you don't love heat! Stir to make sure they are combined, then add the **mushrooms**. Bring to the boil and add the **green beans**. Stir and turn the heat to low. Gently simmer for 10 mins. Once the **aubergine** is cooked, remove from your oven and add to the **curry sauce**.



3 ROAST THE AUBERGINE

Meanwhile, put the **aubergine** on a lined baking tray and drizzle with **oil**. Sprinkle over a pinch of **salt** and a generous amount of **pepper**. Toss to coat, spread out and roast on the top shelf of your oven until golden and slightly crispy, 10-12 mins.



6 FINISH AND SERVE

Fluff up the **rice** with a fork and add it to the **curry** along with **three-quarters** of the **coriander**. Add a squeeze of **lime juice** - taste and add more if you like things zingy! Serve in bowls and garnish with the **cashew nuts** and the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Chestnut Mushrooms	1 small punnet	1 small punnet	1 large punnet
Coriander	1 bunch	1 bunch	1 bunch
Aubergine	1	1	2
Green Beans	1 pack	1 pack	1 pack
Basmati Rice	150g	225g	300g
Cashew Nuts 2)	1 small bag	1 large bag	1 large bag
Coconut Milk	1 small tin	¾ large tin	1 large tin
Massaman Curry Paste	1 pot	1½ pots	2 pots
Peanut Butter 1)	1 sachet	2 sachets	2 sachets
Lime	½	¾	1

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 504G	PER 100G
Energy (kcal)	573	114
(kJ)	2397	475
Fat (g)	25	5
Sat. Fat (g)	18	3
Carbohydrate (g)	72	14
Sugars (g)	7	1
Protein (g)	15	3
Salt (g)	2.03	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 2) Nut

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 between uses.

THUMBS UP OR THUMBS DOWN?

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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