



Thai Massaman Rice

with Roasted Aubergine and Mushrooms



HELLO AUBERGINE

Some people salt and rinse sliced aubergine to remove the natural bitterness. It's known as 'degorging'.



Water



Chestnut Mushrooms



Coriander



Aubergine



Green Beans



Basmati Rice



Cashew Nuts



Coconut Milk



Massaman Curry Paste



Peanut Butter



Lime

35 mins

Veggie

3.5 of your 5 a day

Very Hot

The secret ingredient in tonight's dinner is peanut butter! Along with the coconut milk it brings a richness and creaminess to temper the heat. 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. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C**. Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Baking Tray** and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water (amount specified in the ingredient list) on to boil with a pinch of **salt**. Roughly chop the **chestnut mushrooms**. Roughly chop the **coriander** (stalks and all). Cut the top off the **aubergine**, halve lengthways and chop into 3cm chunks. Trim the tops from the **green beans** and chop into thirds.



2 COOK THE RICE

When the water is boiling, add the **basmati rice**. Cook for 10 mins. Remove the pan from the heat and leave to rest with the lid on for 10 mins. The **rice** will finish cooking in its own steam.



3 ROAST THE AUBERGINE

Put the **aubergine** on a baking tray and drizzle with **olive oil**. Sprinkle over a pinch of **salt** and a generous amount of **black pepper**. Roast on the top shelf of your oven until golden and slightly crispy, 10-12 mins.



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. Then place in a small bowl and set aside. ★ **TIP:** Watch your nuts like a hawk as they can burn easily.



5 COOK THE CURRY

Turn the heat down to medium and add the **coconut milk** and **massaman curry paste** to your (now empty) frying pan. Stir to make sure they are combined, then add the **mushrooms**. Bring to the boil and add the **green beans** and **peanut butter**. 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**.



6 FINISH AND SERVE

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

4 PEOPLE INGREDIENTS

Water*	600ml
Chestnut Mushrooms, chopped	1 large punnet
Coriander, chopped	1 bunch
Aubergine, chopped	2
Green Beans, chopped	1 pack
Basmati Rice	300g
Cashew Nuts 8)	40g
Coconut Milk	400ml
Massaman Curry Paste	2 tbsp
Peanut Butter 5)	3 tbsp
Lime	1

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	666	125
(kJ)	2794	523
Fat (g)	32	6
Sat. Fat (g)	18	3
Carbohydrate (g)	74	14
Sugars (g)	5	1
Protein (g)	16	3
Salt (g)	2.30	0.40

ALLERGENS

5)Peanuts 8)Nuts

Massaman Curry Paste Ingredients: Yeast Extract, Water, Salt, Ground Spices (Coriander, Galangal, Chilli, Cloves, Cumin, Cinnamon, White Pepper), Concentrated Onion Juice, Dried Garlic, Colour (Curcumin), Lemongrass Extract.

THUMBS UP OR THUMBS DOWN?

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