



Thai Massaman Style Curry with Mushroom and Aubergine

Classic 35 Minutes • Very Hot! • 3 of your 5 a day

21



Closed Cup Mushrooms



Coriander



Garlic Clove



Lime



Aubergine



Basmati Rice



Cashew Nuts



Massaman Curry Paste



Coconut Milk



Vegetable Stock Powder



Peanut Butter

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Baking Tray, Measuring Jug, Saucepan, Frying Pan, and Bowls.

Ingredients

	2P	3P	4P
Closed Cup Mushrooms**	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Lime**	½	¾	1
Aubergine**	1	2	2
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Cashew Nuts 2)	25g	40g	40g
Massaman Curry Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Peanut Butter 1)	1 pot	1½ pot	2 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	485g	100g
Energy (kJ/kcal)	2878 / 688	594 / 142
Fat (g)	34	7
Sat. Fat (g)	18	4
Carbohydrate (g)	76	16
Sugars (g)	9	2
Protein (g)	17	4
Salt (g)	2.62	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nut 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

Preheat your oven to 200°C. Thinly slice the **mushrooms**. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 3cm pieces.



Roast the Aubergine

Pop the **aubergine pieces** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until golden and tender, 20-25 mins.



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 ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Toast the Nuts

Heat a large frying pan over medium heat (no oil) Once hot, add the **cashew pieces** and cook, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.** Once toasted, remove to a bowl and set aside. Pop your pan back on medium heat and add a drizzle of **oil**.



Cook the Curry

Add the **mushrooms** to the frying pan, season with **salt** and **pepper** and stir-fry until golden brown, 3-4 mins. Add the **garlic** and **massaman paste**, stir together and cook for 1 minute. Then pour in the **coconut milk**, **water** (see ingredients for amount), **vegetable stock powder** and **peanut butter**. Stir to combine and bring to the boil, reduce the heat to medium-low and simmer until the **mixture** has reduced by half, 6-8 mins.



Serve

Once the **aubergine** is cooked, remove from your oven and add to the **sauce**. Once the **sauce** is cooked, remove from the heat, squeeze in the **lime juice** and stir in **half the coriander**. Season to taste with **salt**, **pepper** and more **lime juice** if needed. Fluff up the **rice** and stir through the **lime zest**. Serve the **rice** in bowls with the **curry** on top, and sprinkle over the **cashews** and remaining **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.