



Thai Veggie Curry with Jasmine Rice

Classic 35 Minutes • Very Hot! • 2.5 of your 5 a day

18



Cauliflower Florets



Thai Spice Blend



Jasmine Rice



Green Pepper



Bok Choy



Green Beans



Lime



Coriander



Yellow Curry Paste



Coconut Milk



Soy Sauce



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

Cooking tools, you will need:

Baking Tray, Saucepan x2, Lid, Chopping Board, Sharp Knife and Saucepan.

Ingredients

| | 2P | 3P | 4P |
|-------------------------------|--------------|--------------|--------------|
| Cauliflower Florets** | 300g | 450g | 600g |
| Thai Spice Blend 3 | 1 small pot | ¾ large pot | 1 large pot |
| Water for Rice* | 300ml | 450ml | 600ml |
| Jasmine Rice | 150g | 225g | 300g |
| Green Pepper** | 1 | 1 | 2 |
| Bok Choy** | 1 | 2 | 2 |
| Green Beans** | 1 small pack | 1 large pack | 1 large pack |
| Lime** | ½ | ¾ | 1 |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Yellow Curry Paste | 1 sachet | 1½ sachets | 2 sachets |
| Coconut Milk | 200ml | 300ml | 400ml |
| Water for the Sauce* | 75ml | 100ml | 150ml |
| King Prawns 5 ** | 150g | 250g | 300g |
| Soy Sauce 11 13 | ½ sachet | ¾ sachet | 1 sachet |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|--------------------|-----------------|
| for uncooked ingredient | 755g | 100g |
| Energy (kJ/kcal) | 2489 /595 | 330 /79 |
| Fat (g) | 25 | 3 |
| Sat. Fat (g) | 17 | 2 |
| Carbohydrate (g) | 76 | 10 |
| Sugars (g) | 10 | 1 |
| Protein (g) | 14 | 2 |
| Salt (g) | 1.70 | 0.23 |
| Custom Recipe | Per serving | Per 100g |
| for uncooked ingredient | 830g | 100g |
| Energy (kJ/kcal) | 2684 /642 | 324 /77 |
| Fat (g) | 25 | 3 |
| Sat. Fat (g) | 17 | 2 |
| Carbohydrate (g) | 76 | 9 |
| Sugars (g) | 11 | 1 |
| Protein (g) | 25 | 3 |
| Salt (g) | 2.68 | 0.32 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **5**) Crustaceans **11**) Soya **13**) Gluten

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.

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Roast the Cauli

Preheat your oven to 200°C. Pop the **cauliflower florets** onto a baking tray and drizzle with **oil**. Season with **salt** and sprinkle on the **Thai spice** (add less if you don't like heat). Use your hands to rub the seasoning all over. Arrange in one even layer and roast until soft and golden, 20-25 mins.



Start the Curry

Heat a splash of **oil** in a large saucepan over medium-high heat. Stir-fry the **pepper** and **beans** until beginning to soften and colour, 4-5 mins. Stir in the **yellow curry paste** to coat and cook for a minute. Add the **bok choy** along with the **coconut milk** and the **water** (see ingredients for amount). Bring to the boil then turn the heat to medium-low.



Cook the Rice

Meanwhile, pour the **water** for the rice (see ingredients for amount) into a saucepan with 0.25 tsp of **salt**. Bring to the boil and once boiling, stir in the **jasmine rice**. Lower the heat to medium and pop a lid on the pan. 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).



Simmer the Curry

Let the **curry** simmer until the **beans** are tender, 4-5 mins. When the **cauliflower** is ready, add it to the curry and stir to coat in the sauce. Remove from the heat and stir in the **soy sauce** (see ingredients for amount you need - you may not need it all). Squeeze in some **lime juice**. Taste and add more, **salt**, **pepper** and **lime juice** if you feel it needs it. Fluff up the **rice** and stir in the **lime zest** and **half** the **coriander**.



Prep Time

While the rice cooks, halve the **pepper** and discard the core and seeds. Chop into 2cm sized chunks, trim the **bok choy**. Separate the leaves and quarter widthways into roughly 2cm chunks. Trim the **green beans** and chop into thirds. Zest then cut the **lime** into **wedges**. Roughly chop the **coriander** (stalks and all).



Serve

Share the **rice** between your bowls and top with the **fragrant curry**. Finish with a sprinkle of the remaining **coriander**. Serve the remaining **lime wedges** alongside for squeezing over.

Enjoy!



CUSTOM RECIPE

If you've added **prawns** to your recipe, in the step above, when you add the **cauliflower** to the recipe, add the **prawns** too and stir to coat in the **sauce**. Simmer until the **prawns** are cooked through, 3-4 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.* Continue with the recipe as instructed.