



# Thai Sweet Potato

## with Baby Corn Panang Curry



XXX

xxx



Brown Rice



Salted Peanuts



Broccoli



Baby Corn



Panang Curry Paste



Coconut Milk



Diced Sweet Potato

Thai Panang curry features a warm, rich red curry with flavour notes from Malaysia, Burma, and India. Packed with fresh vegetables and served with nutty brown rice, our peanutty Panang curry is a wholesome and hearty mid-week vegetarian recipe. Our special Panang curry paste gives the dish a brilliant kick of heat, whilst the chopped peanuts add a beautiful layer of texture. Quick and easy to prep, this is the perfect recipe for your next curry night.

40 mins

2 of your 5 a day

Veggie

MEAL BAG

5



## BEFORE YOU START

Our fruit and veggies may need a **little wash** before cooking! Make sure you've got a **Large Saucepan**, **Sieve** and **Frying Pan** (with a **Lid**). Now, let's get cooking!



### 1 BOIL THE RICE

Put a large saucepan of water with a pinch of salt on to boil for the rice. When boiling, stir in the **brown rice** and cook rapidly for 25 mins.   
★ **TIP:** Add more water if it starts to evaporate too much. When cooked, drain the **rice** in a sieve and return to the saucepan, off the heat.



### 2 DO THE PREP

Meanwhile, roughly chop the **peanuts**. Chop the **broccoli** into florets (little trees). Cut the **baby corn** in half.



### 3 COOK THE POTATO

Heat a splash of **oil** in a frying pan on medium heat. Add the **Panang curry paste** and cook for 1 minute to release the flavour. Once it has become fragrant, add the **coconut milk** and stir. Raise the heat to high, and bring the **sauce** to the boil. Once bubbling, reduce the heat back to medium and add the **sweet potato** and a pinch of **salt**. Simmer gently on medium heat, 15 mins.



### 4 ADD THE VEGGIES

Add the **baby corn** and **broccoli florets** to the frying pan, cover with a lid (or tin foil) and continue to simmer until the **veggies** are tender, 6-8 mins.   
★ **TIP:** The corn should have a little bit of a bite left in it when cooked.



### 5 FINISH THE CURRY

Stir **half** the **peanuts** into the **curry**. Taste for seasoning and add a bit more **salt** if necessary.



### 6 SERVE

Serve the **curry** bowls, on a bed of **brown rice** and top with the remaining **peanuts**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Brown Rice	150g	225g	300g
Salted Peanuts <sup>1)</sup>	1 small bag	¾ large bag	2 large bag
Broccoli *	1	1½	2
Baby Corn *	1 pack	1½ packs	2 packs
Panang Curry Paste	1 pot	1½ pots	2 pots
Coconut Milk	1 tin	1½ tins	2 tins
Diced Sweet Potato *	300	450	600

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 648G	PER 100G
Energy (kJ/kcal)	4194 / 1003	648 / 155
Fat (g)	54	8
Sat. Fat (g)	36	6
Carbohydrate (g)	106	16
Sugars (g)	13	2
Protein (g)	23	4
Salt (g)	1.44	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

1) Peanuts

🧼 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 in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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