



Thai Veggie Curry

with Jasmine Rice

N° 8

BALANCED 35 Minutes • Under 600 Calories • Very Hot! • 2.5 of your 5 a day • Veggie



Aubergine



Thai Spice Blend



Jasmine Rice



Green Pepper



Bok Choy



Mangetout



Lime



Coriander



Yellow Curry Paste



Coconut Milk



Soy Sauce

Before you start

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

Basic cooking tools you will need:

Baking Tray, Measuring Jug and two Saucepans.

Ingredients

	2P	3P	4P
Aubergine	1	2	2
Thai Spice Blend 3)	½ pot	¾ pot	1 pot
Water for Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Green Pepper	1	1	2
Bok Choy	1	2	2
Mangetout	1 small pack	1 small 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
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	757g	100g
Energy (kJ/kcal)	2362/565	312/75
Fat (g)	22	3
Sat. Fat (g)	17	2
Carbohydrate (g)	74	10
Sugars (g)	11	2
Protein (g)	14	2
Salt (g)	2.30	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Roast the Aubergine

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Pop the **aubergine pieces** 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.



4. Start the Curry

Heat a splash of **oil** in a large saucepan over medium-high heat. Stir-fry the **pepper** 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** and **mangetout** along with the **coconut milk** and the **water** (see ingredients for amount). Bring to the boil then turn the heat to medium-low.



2. Cook the Rice

Meanwhile, pour the **water** for the rice (see ingredients for amount) into a saucepan with ¼ 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).



5. Simmer the Curry

Let the **curry** simmer until the **veg** is tender, 4-5 mins. When the **aubergine** 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**.



3. 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. Zest then cut the **lime** into wedges. Roughly chop the **coriander** (stalks and all).



6. 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!

BALANCED RECIPE

Under 600 Calories • Low Sugar

Featured Ingredient: Peppers are a good source of Vitamin C. Vitamin C acts as an antioxidant, which contributes to the protection of cells from oxidative stress.

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.