



Thai Style Veggie Curry

with Jasmine Rice

BALANCED

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

Nº 8



Cauliflower



Thai Spice Blend



Jasmine Rice



Green Pepper



Bok Choy



Green Beans



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, Saucepan, Fine Grater and Saucepan.

Ingredients

	2P	3P	4P
Cauliflower**	1	1	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
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
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	876g	100g
Energy (kJ/kcal)	2598 / 621	297 / 71
Fat (g)	25	3
Sat. Fat (g)	17	2
Carbohydrate (g)	79	9
Sugars (g)	12	1
Protein (g)	17	2
Salt (g)	2.33	0.27

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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You can recycle me!



Packed in the UK



1. Roast the Cauli

Preheat your oven to 200°C. Separate the **cauliflower** into **florets** (little trees). Pop them 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** and **green 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.



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 **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**.



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. Trim the **green beans** and chop into thirds. 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: Cauliflower is high in vitamin K which is a fat soluble vitamin, essential for bone health. Vitamin K also contributes to normal blood clotting. Cauliflower is extremely versatile, and can be easily incorporated into many dishes without having a large impact on number of calories in the dish.

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.