



THAI VEGGIE RICE BOWL

with Carrot and Coriander



HELLO LEMONGRASS

This grass has many uses. In oil form, lemongrass can be used as an insect repellent.



Lemongrass



Basmati Rice



Courgette



Carrot



Coriander



Cherry Tomatoes



Ginger



Garlic Clove



Lime



Soy Sauce



Honey



Sesame Oil



Salted Peanuts



Sugar Snap Peas

MEAL BAG
8

30 mins

4.5 of your 5 a day

Veggie

This nourishing bowl of goodness is packed with fresh, seasonal vegetables, bursting with delicious flavour, and will be on the table in 30 minutes flat. Lemongrass infused rice piled high with stir fried veg, seasoned with a killer asian-style dressing, and topped with crunchy peanuts and chopped fresh coriander. What's not to love?

BEFORE YOU START

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



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. Bash the **lemongrass** with the bottom of a pan to release its flavour. When boiling, stir in the **rice** and **lemongrass**, lower the heat to medium, add a pinch of **salt** and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. ★ **TIP:** The rice will finish cooking in its own steam.



2 PREP THE VEGGIES

Meanwhile, trim the ends from the **courgette**. Halve it lengthways and then cut each half into four long strips. Cut the thin strips in half so as you have batons. Trim, peel and grate the **carrot**. Roughly chop the **coriander** (keep the leaves and stalks separate). Halve the **cherry tomatoes**. Peel and grate the **ginger** and **garlic** (or use a garlic press). Keep to one side. Cut the **lime** in half.



3 MAKE THE DRESSING

In a small bowl, combine the **soy sauce** with the **honey**, **half** the **ginger** and the **coriander stalks**. Squeeze in the juice of the **lime** and add **half** of the **sesame oil**. Mix well. Taste and add some sugar if it needs a little more sweetness and add more **sesame oil** if you like things nutty! Roughly chop the **peanuts**.



4 STIR-FRY THE VEGGIES

Heat a splash of **oil** in a large frying pan or wok over high heat. Stir-fry the **courgette** until tender, 4-5 mins. Add the **sugar snap peas** and stir-fry for another 3 mins. Add the **garlic** and remaining **ginger**, cook for a minute then remove from the heat. Stir in the **cherry tomatoes** and pour over **half** of the dressing. Get ready to serve.



5 FINISH THE RICE

When the **rice** is cooked, remove the **lemongrass** and fluff it up with a fork. Season to taste with **salt**. Mix through the grated **carrot** and **half** the **coriander leaves**. Share between your bowls.



6 SERVE

Mix the remaining **coriander leaves** through the veggies and then spoon on top of the **rice**. Pour over on the sauce from the pan and the remaining **dressing**. Finish with a sprinkling of the **peanuts**. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Lemongrass	1 stick	2 sticks	2 sticks
Basmati Rice	150g	225g	300g
Courgette	1	1½	2
Carrot	1	1½	2
Coriander	1 bunch	1 bunch	1 bunch
Cherry Tomatoes	1 punnet	1½ punnets	2 punnets
Ginger	1 piece	1½ pieces	2 pieces
Garlic Clove	1	2	2
Lime	1	2	2
Soy Sauce (11) (13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Sesame Oil(3)	¾ sachet	1 sachet	1 sachet
Salted Peanuts (1)	1 large bag	2 bags	2 large bags
Sugar Snap Peas	1 pack	2 packs	2 packs

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 535G	PER 100G
Energy (kcal)	667	125
(kJ)	2791	522
Fat (g)	26	5
Sat. Fat (g)	4	1
Carbohydrate (g)	88	16
Sugars (g)	23	4
Protein (g)	22	4
Salt (g)	2.40	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 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.

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk

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

📷 🐦 📺 📞 #HelloFreshSnaps

HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

🌱 HelloFRESH