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## Vegetarian Curry with Toasted Cashews and Brown Rice

Anthropomorphic. It's not a word you hear all that much. It's used to describe an object as if it had human character traits. Though virtue is more usually associated with someone like Mother Theresa than a humble curry, bear with us here. This recipe combines all the delicious flavours of a Thai yellow curry but with all the goodness of brown rice, vegetables and even low fat coconut milk. Devilishly good has never been so saintly!

 35 mins

 *vegan*

 *lactose free*



Green Beans (½ pack)



Baby Corn (1 pack)



Closed Cup Mushrooms  
(1 punnet)



Coriander (3 tbsp)



Brown Rice (1 cup)



Cashew Nuts (1 tbsp)



Yellow Curry Paste  
(1 tbsp)



Organic Coconut Milk  
(200ml)

## Ingredients

2 PEOPLE    ALLERGENS

Green Beans, halved	½ pack	
Baby Corn, halved	1 pack	
Closed Cup Mushrooms, chopped	1 punnet	
Coriander, chopped	3 tbsp	
Brown Rice	1 cup	
Cashew Nuts	1 tbsp	Nuts
Yellow Curry Paste	1 tbsp	
Organic Coconut Milk	200ml	

🥬 Our fruit and veggies are super fresh, so they need a little wash before cooking!

### Did you know...

Brown rice has much more Omega 3 and 6 than white rice.

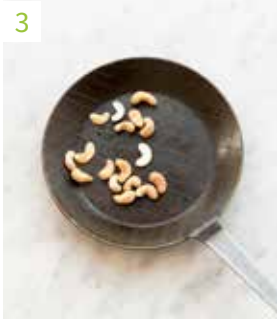
**Nutrition per serving:** Calories: 543 kcal | Protein: 13 g | Carbs: 62 g | Fat: 28 g | Saturated Fat: 20 g

1



**1** Bring a large pot of water to the boil with a ¼ tsp of **salt** for the rice. Chop the tops and bottoms off the **green beans**, then cut the **green beans** and the **baby corn** in half. Chop any big **mushrooms** into bite-sized chunks. Roughly chop the **coriander**.

3



**2** Thoroughly rinse the **brown rice** and stir into the rapidly boiling water. Cook for 25 mins and then drain. **Tip:** *Whilst it cooks top up the pot with more water if you need to.*

**3** Set your hob to medium-high. In a non-stick frying pan toast the **cashew nuts**. **Tip:** *They take a few minutes to start browning off, but watch them like a hawk as they can quickly burn.* Once they are toasted remove and keep them to the side.

4



**4** Reduce the heat to medium. Add 1 tsp of **olive oil** to the pan. Cook the **curry paste** for 1 minute until it becomes fragrant (i.e. you can smell it!). **Tip:** *If you prefer a mild curry you can use a little less.* Add in a quarter of the **coconut milk** and stir until you have a nice smooth liquid.

**5** Stir in the rest of the **coconut milk** with the **mushrooms**. Add all but a few of your **cashews**. Reduce heat to medium-low and leave to simmer gently for 15 mins.

**6** Attempt to learn a few Thai phrases starting with: “aloy mak!” (that’s “really tasty!”).

**7** Add in the **green beans** and the **baby corn**. Continue to simmer for 5 mins. Both should have a little bit of bite left in them when they are cooked.

7



**8** Stir in three-quarters of the chopped **coriander**. Serve on a bed of **brown rice** with a few more **cashew nuts** and some **coriander** on top. A curry so good it would make a pope look naughty.