



Veggie 'Meatball' Thai Style Red Curry with Charred Courgette and Zesty Jasmine Rice

Classic 30 Minutes • Little Spice • 1 of your 5 a day • Veggie

19



Echalion Shallot



Carrot



Courgette



Lime



Jasmine Rice



Vivera Plant Meatballs



Red Thai Style Curry Paste



Coconut Milk



Vegetable Stock Paste

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Frying Pan, Bowl and Saucepan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Carrot**	1	2	2
Courgette**	1	1	2
Lime**	½	1	1
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Vivera Plant Meatballs 11 13 **	200g	300g	400g
Red Thai Style Curry Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste 10	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	509g	100g
Energy (kJ/kcal)	3044 /728	598 /143
Fat (g)	30	6
Sat. Fat (g)	17	3
Carbohydrate (g)	83	16
Sugars (g)	12	2
Protein (g)	28	6
Salt (g)	4.06	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery **11)** Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

Halve, peel and thinly slice the **shallot**. Trim the **carrot** (no need to peel), thinly slice into rounds. Remove the ends from the **courgette**, halve lengthways, chop into 2cm wide strips. Chop into 2cm chunks. Zest and halve the **lime**. Heat a frying pan on high heat (no oil). Add the **courgette**, dry-fry until nicely charred on all sides, 6-8 mins total. Turn every 2 mins. Remove to a bowl once charred.



Make the Curry

Add the **red Thai style curry paste** to the **carrot** and **shallot**. Stir well, cook for 1 min, then pour in the **coconut milk** and **water** (see ingredient list for amount). Stir in the **veg stock paste** and season with **salt** and **pepper**. Pop the **veggie meatballs** back into the **sauce**. Bring to the boil, simmer until the **sauce** has thickened and the **meatballs** are cooked, 8-10 mins. Stir occasionally. **IMPORTANT:** *The meatballs are cooked when piping hot.*



Cook the Rice

Meanwhile, Pour the cold water for the rice (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the rice and ¼ tsp of salt, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Finish Off

Once the **curry** is cooked, stir in the charred **courgette** and cook for 1 min to heat through. **TIP:** *Add a splash of water if you feel it needs it.* Remove the pan from the heat and squeeze in **half the lime juice**. Taste and add more **lime juice**, **salt** and **pepper** if you feel it needs it.



Fry the Balls

Once the **courgette** has been removed, pop your frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **meatballs**, fry until browned on the outside, 4-5 mins. Turn every 2 mins. Remove to a plate. Pop your pan back on medium-high heat with a drizzle of **oil** if the pan is dry. Add the **carrot** and **shallot** to the pan and season with **salt** and **pepper**. Fry, stirring frequently until the **veg** is soft, 5-6 mins.



Serve

Fluff up the **rice** and stir through the **lime zest**. Spoon the **rice** into bowls. Top with the **curry** and cut any remaining **lime** into **wedges** for squeezing over.

Enjoy!

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.