

# **VEGGIE CURRY**

with Toasted Cashews and Brown Rice





#### **HELLO CASHEWS**

Cashew nuts are grown attached to a 'cashew apple'.



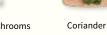
Green Beans



Baby Corn



Closed Cup Mushrooms





Brown Rice



Cashew Nuts



Yellow Curry Paste



Coconut Milk

35 mins



Veggie



We've tried our fair share of curry recipes in the HelloFresh development kitchen, but this stand-out veggie showstopper left us reaching for seconds... and thirds. Packed with vibrant vegetables, topped with fresh coriander and crunchy toasted cashews, and served on a bed of brown rice, it's hard to decide which part we love most about it. For a curry that will nourish you from the inside out, this recipe is a no-brainer.







## **BEFORE YOU**

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



## DO THE PREP

Put a large saucepan of water with a pinch of salt on to boil for the rice. While it comes to the boil, trim the tops and bottoms from the green beans, then cut the green beans and the baby corn in half. Roughly chop the mushrooms. Roughly chop the coriander (stalks and all).



## **TOAST YOUR NUTS**

Put a frying pan on medium-high heat (no oil!) and add the cashew nuts. Toast them until nicely golden, 3-4 mins. \*TIP: Watch them like a hawk as they can burn easily. Once toasted, remove from the pan and keep to one side.



#### Green Beans, halved ½ pack Baby Corn, halved 1 pack Closed Cup Mushrooms, chopped 1 punnet Coriander, chopped ½ bunch **Brown Rice** 150g

15g ½ tbsp

400ml

**INGREDIENTS** 

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 438G	PER 100G	
Energy (kcal)	793	181	
(kJ)	3316	756	
Fat (g)	49	11	
Sat. Fat (g)	36	8	
Carbohydrate (g)	70	16	
Sugars (g)	9	2	
Protein (g)	16	4	
Salt (g)	1.00	0.23	
ALLEDGENG			

Cashew Nuts 2)

Coconut Milk

Yellow Curry Paste



## **MAKE THE CURRY**

Reduce the heat to medium and add a drizzle of oil to your now empty frying pan. Add the **mushrooms**, along with a pinch of **salt** and **pepper**. Stir together and cook until starting to brown, 4-5 mins. Add the curry paste and cook for 1 minute more until it becomes fragrant (i.e. you can smell it!). ★ TIP: If you prefer a mild curry you can use a little less as this curry paste is quite spicy!



**COOK THE RICE** 

cooking if it all boils away.

Add the rice to the pan of boiling water.

★ TIP: Top up the pan with more water during

Cook for 25-30 mins, then drain in a sieve,

pop back in your pan and cover with a lid.

Stir in the **coconut milk**, reduce the heat to medium-low and leave to simmer gently for 15 mins. Once the curry has cooked for 15 mins, add in the green beans and baby corn. Continue to simmer for 5 mins. Both should have a little bit of bite left in them when they are cooked. Stir in three-quarters of the coriander.



### **FINISH AND SERVE**

Serve the veggie curry on a bed of brown rice with the cashew nuts and remaining coriander sprinkled on top. Enjoy!

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

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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