



# Yellow Thai Style Veggie Curry with Zesty Jasmine Rice

27

Calorie Smart 30-35 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Cauliflower Florets



Thai Style Spice Blend



Jasmine Rice



Green Pepper



Pak Choi



Lime



Yellow Thai Style Paste



Coconut Milk



Soy Sauce

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, saucepan, lid and fine grater.

## Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Thai Style Spice Blend <b>3</b>	1 pot	1 pot	2 pots
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Green Pepper**	1	1	2
Pak Choi**	1	2	2
Lime**	½	¾	1
Yellow Thai Style Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Sauce*	50ml	75ml	100ml
Soy Sauce <b>11</b> <b>13</b>	15ml	25ml	30ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>528g</b>	<b>100g</b>
Energy (kJ/kcal)	2368/566	448/107
Fat (g)	22.4	4.2
Sat. Fat (g)	16.7	3.2
Carbohydrate (g)	75.6	14.3
Sugars (g)	8.2	1.6
Protein (g)	13.1	2.5
Salt (g)	2.60	0.49

Nutrition for uncooked ingredients based on 2 person recipe.  
**PersonalPoints™ values based on low-cal cooking spray oil.**

## Allergens

3) Sesame 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## Roast the Cauli

Preheat your oven to 200°C.

Halve any large **cauliflower florets** and pop onto a large baking tray. Drizzle with **oil**, season with **salt**, the **Thai style spice blend** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



## Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **pepper** and stir-fry until beginning to soften and colour, 4-5 mins.

Stir in the **yellow Thai style paste** to coat and cook for 1 min.

Add the **pak choi**, **coconut milk** and **water for the sauce** (see ingredients for amount), then stir to combine. Bring to the boil, then turn the heat to medium-low.

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## Cook the Rice

While the **cauliflower** roasts, 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 salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



## Simmer the Curry

Simmer the **curry** until the **veg** is tender, 4-5 mins.

When the **cauliflower** has roasted, add it to the **curry** and stir through. Remove from the heat and stir in the **soy sauce**. Squeeze in some **lime juice**. Taste and add more **salt**, **pepper** and **lime juice** if needed. **TIP:** Add a splash of water if you feel it needs it.

Fluff up the **rice** with a fork and stir through the **lime zest**.



## Prep Time

While the **rice** cooks, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.

Trim the **pak choi**, then thinly slice widthways.

Zest and cut the **lime** into wedges (see ingredients for amount).



## Serve

Share the **zesty rice** between your bowls and top with the **veggie curry**.

Serve any remaining **lime wedges** alongside for squeezing over.

## Enjoy!