



# Yellow Thai Style Veggie Curry

with Lime & Coriander Jasmine Rice

**Classic** 35 Minutes • Very Hot • 2 of your 5 a day

19



Cauliflower Florets



Thai Style Spice Blend



Jasmine Rice



Green Pepper



Bok Choy



Baby Corn



Lime



Coriander



Yellow Thai Style Paste



Coconut Milk



Soy Sauce



King Prawns



### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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 with Lid, Frying Pan and Fine Grater.

## Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Thai Style Spice Blend 3)	1 pot	1 pot	1 pot
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Green Pepper**	1	1	2
Bok Choy**	1	2	2
Baby Corn**	60g	120g	120g
Lime**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Yellow Thai Style Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Sauce*	75ml	100ml	150ml
Soy Sauce <b>11</b> <b>13</b>	12ml	18ml	25ml
King Prawns** <b>5</b> )	150g	225g	300g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>561g</b>	<b>100g</b>
Energy (kJ/kcal)	2403 /574	428 /102
Fat (g)	23	4
Sat. Fat (g)	16	3
Carbohydrate (g)	76	14
Sugars (g)	10	2
Protein (g)	14	2
Salt (g)	2.21	0.39
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>636g</b>	<b>100g</b>
Energy (kJ/kcal)	2623 /627	412 /98
Fat (g)	23	4
Sat. Fat (g)	16	3
Carbohydrate (g)	76	12
Sugars (g)	10	2
Protein (g)	26	4
Salt (g)	3.11	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 5) Crustaceans 11) Soya 13) 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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## Roast the Cauli

Preheat your oven to 200°C. Pop the **cauliflower florets** onto a baking tray and drizzle with **oil**. Season with **salt** and sprinkle on the **Thai style spice blend** (add less if you don't like heat). Use your hands to rub the **seasoning** all over. Spread out in a single layer and roast until soft and golden, 20-25 mins.



## Start the Curry

Heat a splash of **oil** in a large frying pan over medium-high heat. Stir-fry the **pepper** and **baby corn** 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 **bok choy** along with the **coconut milk** and the **water for the sauce** (see ingredients for amount). Bring to the boil then turn the heat to medium-low.

## CUSTOM RECIPE

If you've added **prawns** to your **curry**, add to the **sauce** once you've brought it to the boil then start to simmer. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



## 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 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).



## Simmer the Curry

Let the **curry** simmer until the **baby corn** is tender, 4-5 mins. When the **cauliflower** is ready, add it to the **curry** and stir through. Remove from the heat and stir in the **soy sauce** (see ingredients for amount, but feel free to add more or less to taste). Squeeze in some **lime juice**. Taste and add more **salt**, **pepper** and **lime juice** if needed. Fluff up the **rice** with a fork and stir in the **lime zest** and **half the coriander**.



## Prep Time

While the **rice** cooks, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Trim the **bok choy**, then separate the leaves. Quarter each **leaf** widthways into roughly 2cm chunks. Chop the **baby corn** into 2cm thick rounds. Zest then cut the **lime** into wedges. Roughly chop the **coriander** (stalks and all).



## Serve

Share the **rice** between your bowls and top with the **curry**. Finish with a sprinkle of the remaining **coriander**. Serve the remaining **lime wedges** alongside for squeezing over.

## Enjoy!