



More Than Food

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Thai Sweet Potato and Baby Corn Panang Curry

Though Panang is a mild curry, nutritionally it packs one hell of a punch! Sweet potatoes are full of beta-carotene (good for your eyesight!) and vitamin C, but the really interesting ingredient is Thai Basil. For centuries it's been used in Ayurvedic medicine to ward off everything from headaches, fever, respiratory problems and even anxiety. No wonder it's otherwise known as Holy Basil!



40 mins



veggie



spicy



gluten free



lactose free



Brown Rice



Sweet Potato



Salted Peanuts



Water Chestnuts



Thai Basil



Panang Curry Paste




Organic Coconut Milk



Baby Corn

Ingredients

	2P	4P
Brown Rice	1 cup	2 cups
Sweet Potato, chopped	½	1
Salted Peanuts 1	2 tbsp	4 tbsp
Water Chestnuts, halved	½ tin	1 tin
Thai Basil, chopped	½ bunch	1 bunch
Panang Curry Paste	1 tbsp	2 tbsp
Organic Coconut Milk	200ml	400ml
Baby Corn	1 pack	2 packs

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Peanut

Nutrition per serving: Calories: 778 kcal | Protein: 15g | Carbs: 99g | Fat: 27g | Saturated Fat: 18g



1 Bring a large pot of water to a boil then add ¼ tsp of salt. Rinse your brown rice under water then rapidly boil it for around 25 mins. Once the rice is soft enough to eat, drain it and keep it to the side. **Tip:** *You need your water to be rapidly bubbling in order to shorten the cooking time.*



2 Peel the sweet potato and chop into (roughly) 2cm chunks. Roughly chop the peanuts. Cut the water chestnuts in half. Roughly chop 3 tbsp of Thai basil leaves.



3 Heat 2 tsp of oil in a non-stick frying pan on medium heat. Once warm, add the curry paste and cook for 1 minute to develop the flavour. Once it has become fragrant add in a quarter of the coconut milk and stir.



4 Stir in the rest of the coconut milk, rinse out the tin with 2 tbsp of water and add to the pan. Add the sweet potato with ¼ tsp of salt. Cover with a lid and leave to simmer gently for 15 mins on medium-low heat.

5 Add in the baby corn and water chestnuts and continue to simmer for 5 mins. The corn should have a little bit of bite left in them when they are cooked.

6 Stir the Thai basil through the curry along with half the peanuts. **Tip:** *If you aren't keen on the taste of Thai basil, simply put less in!* Taste for seasoning and add a bit more salt if you need to.

7 Serve the curry on a bed of the brown rice and top with the remaining chopped peanuts. **Tip:** *You can add a bit more chopped basil for garnish too.*