



Cooking Made Easy

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Thai Mussaman Rice, Roasted Aubergine & Mushrooms

In the world of curry, as in the world of cowboys, there are the good, the bad and the ugly. Amongst the bad ones are those that sit there innocuously on your plate, not saying boo to a goose, but loaded with enough chilli to take down a rhino. As for the ugly, you need only go to the local take-away. For this Thai Mussaman rice we combined the creaminess of peanut butter (our secret ingredient!) and organic coconut milk against the fresh tanginess of coriander and lime. It's so good is should be made a Saint!

35 min

spicy

gluten free

vegan

lactose free



Chestnut Mushrooms



Coriander



Aubergine



Green Beans



Basmati Rice



Cashew Nuts



Massaman Curry Paste



Organic Coconut Milk



Peanut Butter



Lime

Ingredients

	2P	4P
Chestnut Mushrooms, chopped	2 cups	3 cups
Coriander, chopped	½ bunch	1 bunch
Aubergine, chopped	1 cup	2 cups
Green Beans	150g	300g
Basmati Rice	200g	400g
Cashew Nuts 1	1 tbsp	2 tbsp
Massaman Curry Paste	1 tbsp	2 tbsp
Organic Coconut Milk	½ cup	1 cup
Peanut Butter 2	1 tbsp	2 tbsp
Lime	½	1

🌱 May feature in another recipe

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

Allergens

1) Nut | **2)** Peanut

Nutrition per serving: Calories: 632 kcal | Protein: 14 g | Carbs: 71g | Fat: 32 g | Saturated Fat: 22g



1 Boil a pot of 350ml (exactly) of water and ¼ tsp of salt, and pre-heat the oven to 200 degrees. Roughly chop the chestnut mushrooms. Roughly chop the coriander. Chop the aubergine lengthways into about 8 strips then chop into 3cm chunks. Remove the ends of the green beans and chop into thirds.



2 Put the rice into the pot of boiling water. Cover with a tight lid and place on the lowest heat for 10 mins. Take the pan off the heat to rest for 10 mins. **Tip:** Do not lift the lid from the pan at all during cooking and resting.



3 Coat the aubergine evenly in 1½ tbsp of olive oil. Sprinkle over ¼ tsp of salt and a generous amount of black pepper. Tip onto a baking tray and cook on the top shelf of the oven until slightly crispy (20 mins). **Tip:** Make sure the aubergine is not crowded on the tray and use 2 trays if needed.



4 Heat a non-stick pan on medium-high heat. Without adding oil, put your cashews in the pan. Leave them for around 5 mins, shaking the pan constantly, to brown off then remove to one

side. **Tip:** Watch your nuts like a hawk as they can burn easily.

5 Add 2 tsp of oil to the empty pan together with the mussaman curry paste. Stir the paste for 1 minute and then add the coconut milk and mushrooms. Once the coconut milk comes to the boil add the green beans and the peanut butter and turn the heat to low. Gently simmer for 10 mins.

6 Add the aubergine into the curry mixture.

7 Fluff up your rice with a fork and add it to the pan with the mussaman mixture in it. Gently fold the rice and ¾ of the coriander into the sauce. Squeeze over the juice of half the lime. Serve into bowls and garnish with remaining coriander and cashews.