



More Than Food

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Pete's Suggestive Coconut Red Curry with Toasted Cashews

One of HelloFresh's most dedicated recipe testers is Pete. He happens to be the brother of our awesome sous chef Rachel. Pete isn't without his own culinary aspirations though, so when he suggested we knock up one of his signature dishes, we were keen to see if he had the cooking gene too. Turns out he does!



45 min



family box



spicy



gluten free



lactose free



Brown Rice (2 cups)



Onion (1)



Garlic Clove (2)



Red Pepper (2)



Coriander (4 tbsp)



Cashew Nuts (4 tbsp)



Chicken Breast (4)



Red Curry Paste (2 tbsp)



Peanut Butter (4 tbsp)




Coconut Milk (400ml)



Lime (1)

Ingredients

	2P	4P
Brown Rice	-	2 cups
Onion, diced	-	1
Garlic Clove, diced	-	2
Red Pepper, chopped	-	2
Coriander, chopped	-	4 tbsp
Cashew Nuts 1	-	4 tbsp
Chicken Breast	-	4
Red Curry Paste	-	2 tbsp
Peanut Butter 2	-	4 tbsp
Coconut Milk	-	400ml
Lime	-	1

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

LH Step for little hands

Allergens

1) Nut | **2)** Peanut

Nutrition per serving: Calories: 762 kcal | Protein: 40 g | Carbs: 80 g | Fat: 30 g | Saturated Fat: 18 g



1 Bring a large pot of water to a rapid boil then add $\frac{1}{2}$ 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 and finely dice the onion and the garlic. Remove the cores from the red peppers and chop them into bite-sized chunks. Roughly chop the coriander and the cashews.



3 Cut the chicken into bite-sized cubes and season with $\frac{1}{2}$ tsp of salt. Heat 2 tbsp of oil in a large pan over a medium-high heat. Fry off the chicken in two batches for 4-6 mins until just coloured on the outside. Remove the chicken from the pan and keep to one side.



4 Using the same pan, add the red pepper and cook over a high heat for 3-4 mins until it just starts to blister. Remove from the pan and keep to one side.

5 Reduce the heat to medium and add 1 tbsp of oil to the same

pan. Add the onion and allow to cook for 5 mins until it softens. Add the garlic and cook for 1 minute more. Add the curry paste and peanut butter and give it all a good stir. Add your coconut milk, 100ml of water and return the chicken and pepper to the pan.

6 Allow the curry to bubble away over medium heat for 10-15 mins until the sauce has thickened. Test for seasoning and add more salt and pepper to your taste.

7 When you are happy with the consistency of the sauce, add the zest and juice of the lime and half the chopped coriander. **Tip:** *Use a fine grater to remove the green zest, try not to get too much of the white part of the lime (the pith) as this is bitter.*

8 Toast off your cashew nuts in a dry frying pan over medium heat. Divide your rice between your plates and top with the curry, the toasted cashews and the remaining chopped coriander.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!