






More Than Food

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on    You'll be entered into our weekly photo contest!

## 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 (1 cup)



Sweet Potato (1/2)



Salted Peanuts (2 tbsp)



Broccoli (1)



Thai Basil (1/2 bunch)



Panang Curry Paste (1 tbsp)



Organic Coconut Milk (200ml)



Baby Corn (1 pack)

Ingredients	2 PEOPLE	ALLERGENS
Brown Rice	1 cup	
Sweet Potato, chopped	½	
Salted Peanuts	2 tbsp	Peanut
Broccoli, florets	1	
Thai Basil, chopped	½ bunch	
Panang Curry Paste	1 tbsp	
Organic Coconut Milk	200ml	
Baby Corn	1 pack	

🌱 Our fruit and veggies come fresh from the farm so give them a little wash before using

### Did you know...

Baby corn is corn which has been harvested SO early that it can be eaten whole – cob included – in contrast to mature corn, whose cob is far too tough for human consumption!

**Nutrition per serving:** Calories: 790 kcal | Protein: 23 g | Carbs: 103 g | Fat: 32 g | Saturated Fat: 18 g



**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 half of it into (roughly) 2cm chunks. Roughly chop the peanuts. Cut the broccoli into florets. Roughly chop half the Thai basil leaves.

**5** Add in the baby corn and broccoli florets and continue to simmer for 5 mins. The corn should have a little bit of bite left in it when it is cooked.



**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. **Tip:** *The paste can be spicy, so add less if you prefer less heat.* Once it has become fragrant add in a quarter of the coconut milk and stir.

**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.



**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.

**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.*