



Indonesian Style Vegetable Curry and Rice

with Coconut, Chilli and Lime Sambal

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Classic 25-30 Minutes • Mild Spice • 3 of your 5 a day



Cauliflower Florets



Garlic Clove



Green Beans



Basmati Rice



Desiccated Coconut



Ground Coriander



Indonesian Style Spice Mix



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Lime



Red Chilli



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on your protein, then just follow the instructions on the back of this card. Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, saucepan, lid, frying pan, bowl and fine grater.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Garlic Clove**	1	1	2
Green Beans**	150g	200g	300g
Basmati Rice	150g	225g	300g
Desiccated Coconut	15g	15g	30g
Ground Coriander	½ sachet	¾ sachet	1 sachet
Indonesian Style Spice Mix	2 sachets	2 sachets	4 sachets
Tomato Puree	30g	45g	60g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10	10g	15g	20g
Lime**	½	1	1
Red Chilli**	½	¾	1
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	462g	100g	592g	100g
Energy (kJ/kcal)	2734 /653	592 /142	3381 /808	572 /137
Fat (g)	30.0	6.5	32.3	5.5
Sat. Fat (g)	24.3	5.3	24.9	4.2
Carbohydrate (g)	83.0	18.0	83.1	14.0
Sugars (g)	11.1	2.4	11.2	1.9
Protein (g)	15.7	3.4	47.1	8.0
Salt (g)	3.29	0.71	3.48	0.59

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

10) Celery

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.

Contact

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Roast the Cauli

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve any large **cauliflower florets** and pop them onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and chop into thirds.



Start your Curry

Next, add the **green beans, coconut milk, veg stock paste** and **water for the sauce** (see ingredients for amount) to the pan.

Stir to combine, bring to the boil, then lower the heat and simmer gently until slightly thickened, 5-6 mins. Add a splash of **water** if it gets too thick.



Rice Time

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).

While the **rice** cooks, heat a large frying pan on medium heat (no oil).



Make the Sambal Sprinkle

Meanwhile, zest and halve the **lime** (see ingredients for amount). Halve the **red chilli** lengthways (see ingredients for amount, add less if you'd prefer things milder), deseed, then finely chop.

Add the **lime zest** and **sliced chilli** to the bowl of **toasted coconut**. Squeeze in a **quarter** of the **lime juice**, season with **salt** and mix well to combine. Set your **sambal sprinkle** aside.



Toast the Coconut

Once the pan is hot, dry-fry the **desiccated coconut**, stirring regularly, until lightly toasted, 1-2 mins, then transfer to a bowl for later. **TIP:** Watch it like a hawk as it can burn easily.

Heat a drizzle of **oil** in the (now empty) frying pan on medium heat, then add the **garlic, ground coriander, Indonesian style spice mix** and **tomato puree**. Cook for 1 min.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before the **garlic** and fry until golden brown all over, 5-6 mins, then add the **garlic** and continue as instructed, making sure the chicken is cooked through in Step 4. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finish and Serve

Once the **curry** has thickened, season with **salt** and **pepper**. Squeeze in the remaining **lime juice**, stir well, then taste and add more **salt, pepper** and **lime juice** if needed.

When **cauliflower** is roasted, add to the **curry** and stir through.

Fluff up the **rice** with a fork, then divide between your bowls. Spoon the **veg curry** over the top and scatter over the **sambal sprinkle**.

Enjoy!