



Green Thai Style Butternut Curry

with Black Sesame Seeds and Zesty Jasmine Rice

23

Calorie Smart 35-40 Minutes • Mild Spice • 5 of your 5 a day • Under 650 Calories



Jasmine Rice



Butternut Squash



Thai Style Spice Blend



Black Sesame Seeds



Echalion Shallot



Garlic Clove



Lime



Thai Green Curry Paste



Vegetable Stock Paste



Coconut Milk



Peas



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on 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

Saucepan, lid, baking tray, garlic press, fine grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	100g	150g	200g
Butternut Squash	1	1½	2
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Black Sesame Seeds 3)	5g	7g	10g
Echalion Shallot**	1	2	2
Garlic Clove**	1	1	2
Lime**	½	¾	1
Thai Green Curry Paste	45g	67g	90g
Vegetable Stock Paste 10)	10g	15g	20g
Coconut Milk	200ml	300ml	400ml
Peas**	120g	180g	240g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	590g	100g	719g	100g
Energy (kJ/kcal)	2502 / 598	424 / 101	3124 / 753	438 / 105
Fat (g)	25.7	4.4	28.0	3.9
Sat. Fat (g)	19.8	3.4	20.5	2.8
Carbohydrate (g)	80.0	13.6	80.2	11.1
Sugars (g)	21.1	3.6	21.2	2.9
Protein (g)	14.6	2.5	46.0	6.4
Salt (g)	2.12	0.36	2.32	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

3) Sesame 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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Cook the Rice

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

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).



Curry Up

Once the **onion** is softened, add the **garlic** and **Thai green curry paste**. Fry, stirring, for 30 secs.

Stir in the **veg stock paste**, **coconut milk** and **water for the sauce** (see pantry for amount). Bring to a boil, then turn the heat down to medium and simmer, stirring occasionally, until thickened, 4-5 mins.

Stir through the **peas** and cook until piping hot, 1-2 mins.



Roast the Butternut

Meanwhile, cut the **butternut squash** into 2cm chunks.

Pop the diced **butternut** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **Thai style spice blend** (add less if you'd prefer things milder).

Toss to coat, then spread out in a single layer and sprinkle over the **black sesame seeds**.

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Bring on the Veg

Meanwhile, once the **rice** is cooked, fluff up the **rice** using a fork. Stir through the **lime zest** (see ingredients for amount).

Once the **curry sauce** has thickened, stir through the **peas** and cook until piping hot, Taste and season with **salt**, **pepper** and **sugar** (if you have any) if needed. Remove from the heat and add a squeeze of **lime juice**.

Add **half** of the **roasted black sesame butternut** to the **curry** and stir until coated, adding a splash of **water** if it's a little too thick.



Prep and Fry

Meanwhile, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Zest and cut the **lime** into wedges.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **shallot** and cook until softened, 3-4 mins.

CUSTOM RECIPE

If you've chosen to add **chicken**, fry it in the pan with the **shallot** until golden all over for 5-6 mins instead, then continue as instructed. The **chicken** will be cooked through in the next step. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Serve

Share the **zesty rice** between your bowls.

Spoon the **Thai green style curry** over the **rice** and top with the remaining **roasted black sesame butternut**.

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!