



Yellow Thai Style Veggie Curry with Roasted Cauliflower and Zesty Jasmine Rice

Calorie Smart 30-35 Minutes • Medium Spice • 3 of your 5 a day • Under 650 Calories

23



Jasmine Rice



Cauliflower Florets



Thai Style
Spice Blend



Green Pepper



Pak Choi



Lime



Yellow Thai
Style Paste



Coconut Milk



Soy Sauce



King Prawns

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. Ingredients in red are hot!

Cooking tools

Saucepan, lid, baking tray and fine grater.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Cauliflower Florets**	300g	450g	600g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Green Pepper**	1	1	2
Pak Choi**	1	2	2
Lime**	½	¾	1
Yellow Thai Style Paste	45g	68g	90g
Coconut Milk	200ml	300ml	400ml
Soy Sauce 11) 13)	15ml	25ml	30ml
King Prawns**	150g	225g	300g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	507g	100g	582g	100g
Energy (kJ/kcal)	2524 /603	498 /119	2743 /656	471 /113
Fat (g)	26.5	5.3	27.4	4.7
Sat. Fat (g)	20.0	3.9	20.2	3.5
Carbohydrate (g)	77.4	15.3	77.4	13.3
Sugars (g)	10.1	2.0	10.1	1.7
Protein (g)	14.4	2.8	26.2	4.5
Salt (g)	2.72	0.54	3.62	0.62

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 11) Soya 13) Cereals containing gluten

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



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).



Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, stir-fry the **pepper chunks** until beginning to soften and colour, 4-5 mins.

Stir in the **yellow Thai style paste** to coat and cook for 1 min more. Add the **pak choi** and **coconut milk**, then stir to combine.



Roast the Cauli

Meanwhile, halve any large **cauliflower florets** and pop them onto a large baking tray.

Drizzle with **oil**, sprinkle over the **Thai style spice blend** (add less if you'd prefer things milder) and season with **salt** and **pepper**. Toss to coat, then 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.



Curry On

Bring the **curry** to the boil, then simmer the **curry** until the **veg** is tender, 4-5 mins.

Stir the **roasted cauli** through the **curry**, then remove from the heat and stir in the **soy sauce**. Squeeze in some **lime juice** from a **lime wedge**. Taste and add more **salt**, **pepper** and **lime juice** if you like. Add a splash of **water** if needed.

CUSTOM RECIPE

If you've chosen to add **king prawns**, drain them, then stir them into the **curry** and simmer with the **veg** until the **prawns** are cooked, 5-6 mins instead, then continue as instructed.

IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Prep Time

While the **cauli** roasts, halve the **green pepper** and discard the core and seeds. Chop into 2cm chunks.

Trim the **pak choi**, then thinly slice lengthways.

Zest and cut the **lime** into wedges (see ingredients for amount).



Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**.

Share the **zesty rice** between your bowls and top with the **Thai style veggie curry**.

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

Enjoy!

