



Quick Thai Green Style Veggie Curry

with Zesty Jasmine Rice

18

Quick 20 Minutes • **Very Hot** • 2 of your 5 a day • Veggie



Jasmine Rice



Garlic Clove



Bell Pepper



Lime



Green Beans



Thai Style
Spice Blend



Thai Green
Style Paste



Coconut Milk



Vegetable Stock
Paste



Peas



Black Sesame
Seeds

Pantry Items
Oil, Salt, Pepper

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

Kettle, saucepan, sieve, lid, garlic press, fine grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Lime**	½	¾	1
Green Beans**	80g	150g	150g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Thai Green Style Paste	45g	67g	90g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10	10g	15g	20g
Peas**	120g	180g	240g
Black Sesame Seeds 3	5g	7g	10g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	2370/567	563/135
Fat (g)	21.4	5.1
Sat. Fat (g)	16.5	3.9
Carbohydrate (g)	80.7	19.2
Sugars (g)	10.8	2.6
Protein (g)	13.8	3.3
Salt (g)	2.01	0.48

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

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, cereals containing 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

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Bring on the Green Beans

- Add the **green beans** to the **curry**, then bring to the boil and simmer until thickened, 5-6 mins - the **curry** should still be slightly loose, but thick enough to lightly coat the back of a spoon or spatula.
- Add a splash of **water** if it's a little too thick or simmer for 1 min more if you'd prefer it thicker.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Zest the **lime** (see ingredients for amount) and cut into wedges. Trim and halve the **green beans**.



Peas Please

- Once your **curry** is ready, taste and season with **salt** and **pepper** if needed. Remove from the heat.
- Stir through the **peas** and a squeeze of **lime juice** from a **lime wedge**.



Curry Up

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **sliced pepper** and stir-fry until starting to soften, 3-4 mins.
- Stir in the **garlic**, **Thai style spice blend** (add less if you'd prefer things milder) and **Thai green style paste**. Fry for 30 secs.
- Add the **coconut milk**, **vegetable stock paste** and **water for the sauce** (see pantry for amount). Stir to combine.



Finish and Serve

- When everything's ready, fluff up the **rice** with a fork and stir through the **lime zest**.
- Share the **zesty rice** between your bowls and top with the **veggie curry**.
- Finish with a sprinkle of **black sesame seeds** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!