



Fragrant Thai Style Veg Curry

with Zesty Jasmine Rice and Cashews

Classic 25-30 Minutes • Medium Spice • 1 of your 5 a day

19



Jasmine Rice



Bell Pepper



Carrot



Green Beans



Lime



Cashew Nuts



Yellow Thai Style Paste



Thai Style Spice Blend



Coconut Milk



Peanut Butter



Soy Sauce



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

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, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Bell Pepper***	1	2	2
Carrot**	1	2	2
Green Beans**	80g	150g	150g
Lime**	½	¾	1
Cashew Nuts 2	25g	25g	50g
Yellow Thai Style Paste	45g	67g	90g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	400ml	400ml
Peanut Butter 1	30g	45g	60g
Soy Sauce 11 13	15ml	25ml	30ml
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

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

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	616g	100g	746g	100g
Energy (kJ/kcal)	2991 / 715	486 / 116	3638 / 870	488 / 117
Fat (g)	35.7	5.8	38.0	5.1
Sat. Fat (g)	19.1	3.1	19.8	2.6
Carbohydrate (g)	81.8	13.3	82.0	11.0
Sugars (g)	12.3	2.0	12.5	1.7
Protein (g)	17.3	2.8	48.7	6.5
Salt (g)	2.63	0.43	2.83	0.38


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

Allergens

1) Peanut **2)** Nuts **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, 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.

 You can recycle me!

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Cook the Rice

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).



Get Frying

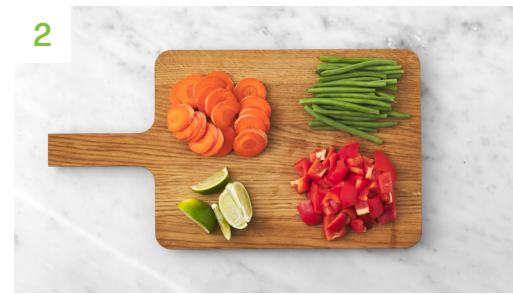
Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Add the **green beans, pepper chunks** and **carrot**, then stir-fry until starting to soften, 4-5 mins.

Stir through the **yellow Thai style paste** and **Thai style spice blend** (add less if you'd prefer things milder). Cook until fragrant, 1 min.

CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan before the **veg**. Cook until browned all over, 5-6 mins, then set aside. Add the **chicken** back into the pan in the next step with the **coconut milk**, it will cook through while simmering. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Prep the Veg

Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.

Trim the **carrot**, then slice into 1cm thick rounds (no need to peel).

Trim and halve the **green beans**. Zest and cut the **lime** into wedges (see ingredients for amount).



Curry Up

Once fragrant, stir in the **coconut milk, peanut butter, soy sauce, sugar** and **water for the sauce** (see pantry for both amounts).

Mix to combine, then lower the heat and simmer until the **curry** has thickened and the **veg** is tender, 5-6 mins.

Once thickened, stir through a squeeze of **lime juice** from a **lime wedge**. Taste and season with **salt, pepper** and more **lime juice** if needed. Remove from the heat.



Toast the Cashews

Heat a large frying pan on medium heat (no oil).

Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.

Once toasted, pop them into a small bowl and set aside.



Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**. Share the **zesty rice** between your bowls.

Spoon the **Thai style veg curry** on top and finish with a sprinkle of **toasted cashews**.

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

Enjoy!