



Sweet Potato Satay Curry

with Peas, Jasmine Rice and Peanuts

Classic 30-35 Minutes • Mild Spice • 4 of your 5 a day

20



Sweet Potato



Indonesian Style Spice Mix



Jasmine Rice



Lime



Salted Peanuts



Peanut Butter



Sambal Paste



Ketjap Manis



Coconut Milk



Peas



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

Baking tray, saucepan, lid, fine grater and rolling pin.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------|-----------|-----------|-----------|
| Sweet Potato | 2 | 3 | 4 |
| Indonesian Style Spice Mix | 2 sachets | 2 sachets | 4 sachets |
| Jasmine Rice | 150g | 225g | 300g |
| Lime** | 1 | 1½ | 2 |
| Salted Peanuts 1) | 25g | 40g | 50g |
| Peanut Butter 1) | 30g | 45g | 60g |
| Sambal Paste | 15g | 22g | 30g |
| Ketjap Manis 11) | 25g | 37g | 50g |
| Coconut Milk | 180ml | 250ml | 360ml |
| Peas** | 120g | 180g | 240g |
| Diced Chicken Breast** | 240g | 390g | 520g |
| Pantry | 2P | 3P | 4P |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Hot Water for the Sauce* | 2 tbsp | 3 tbsp | 4 tbsp |
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| 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 | 758g | 100g | 888g | 100g |
| Energy (kJ/kcal) | 3977 /951 | 525 /125 | 4624 /1105 | 521 /124 |
| Fat (g) | 33.2 | 4.4 | 35.5 | 4.0 |
| Sat. Fat (g) | 16.8 | 2.2 | 17.4 | 2.0 |
| Carbohydrate (g) | 141.5 | 18.7 | 141.6 | 15.9 |
| Sugars (g) | 32.7 | 4.3 | 32.9 | 3.7 |
| Protein (g) | 23.5 | 3.1 | 54.9 | 6.2 |
| Salt (g) | 1.40 | 0.18 | 1.59 | 0.18 |

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

Allergens

1) Peanut **11)** Soya

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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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The Fresh Farm
60 Worship St, London EC2A 2EZ



1 Roast the Sweet Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9. Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **Indonesian style spice mix**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.



4 Satay Time

Pop the saucepan on medium-high heat and gradually whisk in the **coconut milk**, **sugar** and **water for the sauce** (see pantry for both amounts), then bring to the boil.

Simmer, stirring constantly, until thickened, 2-4 mins. Remove from the heat, then stir in **half** the **lime juice** and season with **salt**.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan with the **sauce** ingredients. Simmer, 10-12 mins, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



2 Cook the Rice

Meanwhile, 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).



5 Finish Up

Once the **sweet potato** is cooked, pop the **satay** pan back on medium heat and stir in the **sweet potato**.

Add the **peas** to the pan and simmer until piping hot, 1-2 mins, then remove from the heat.

Taste and season with more **salt** and **lime juice** if needed. Add a splash of **water** if it's a little too thick.



3 Some Quick Prep

Zest and cut the **lime** into wedges. Crush the **peanuts** in the unopened sachet using a rolling pin.

In a large saucepan, combine the **peanut butter**, **sambal paste**, **ketjap manis**, **hot water for the sauce** (see pantry for amount) and the remaining **Indonesian style spice mix**.

Mix well until smooth. **TIP:** If your peanut butter has hardened, pop it in a bowl of hot water for 1 min.



6 Serve

Fluff up the **rice** with a fork, stir through the **lime zest** then share between your serving bowls.

Spoon the **satay curry** over the **zesty rice** and finish with a sprinkling of **peanuts**.

Serve any remaining **lime wedges** on the side for squeezing over.

Enjoy!