



Oven-Baked Thai Style Sweet Potato & Peanut Curry

with Chickpeas, Spinach and Jasmine Rice

20

Classic 40-45 Minutes • Mild Spice • 3 of your 5 a day



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SMEG KITCHENWARE














INSTANT WINS



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-  Sweet Potato
-  Lime
-  Chickpeas
-  Yellow Thai Style Paste
-  Coconut Milk
-  Soy Sauce
-  Peanut Butter
-  Jasmine Rice
-  Baby Spinach
-  Salted Peanuts
-  Diced British 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

Sieve, ovenproof pan, lid and saucepan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Lime**	1	1	2
Chickpeas	1 carton	1½ cartons	2 cartons
Yellow Thai Style Paste	45g	67g	90g
Coconut Milk	180ml	250ml	360ml
Soy Sauce 11 13	25ml	40ml	50ml
Peanut Butter 1	30g	45g	60g
Jasmine Rice	150g	225g	300g
Baby Spinach**	40g	100g	100g
Salted Peanuts 1	25g	40g	50g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	200ml	250ml
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	757g	100g	887g	100g
Energy (kJ/kcal)	3739 /894	494 /118	4386 /1048	495 /118
Fat (g)	37.5	5.0	39.9	4.5
Sat. Fat (g)	17.1	2.3	17.7	2.0
Carbohydrate (g)	108.2	14.3	108.4	12.2
Sugars (g)	13.9	1.8	14.1	1.6
Protein (g)	26.2	3.5	57.7	6.5
Salt (g)	4.24	0.56	4.43	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

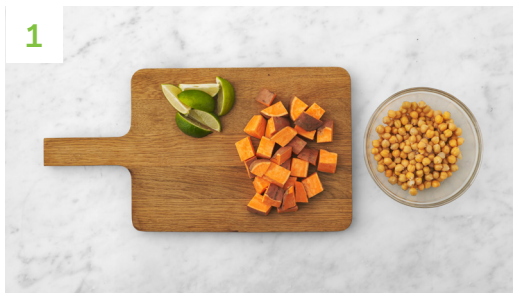
1) Peanut **11)** Soya **13)** Cereals containing gluten

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, mollusc, 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!

HelloFresh UK
Packed in the UK
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Get Started

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

Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Halve the **lime** and cut into wedges. Drain and rinse the **chickpeas** in a sieve.



Cook the Rice

When there is 20 mins left of cooking time left, 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).

Have a spare few minutes? Scan the QR code to play our "Catch and Cook" game for the chance to win yummy prizes.



Flavour Time

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat. **TIP:** If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Add the **yellow Thai style paste** and fry until fragrant, 1-2 mins.

Stir in the **coconut milk, soy sauce, peanut butter, sugar** and **water for the sauce** (see pantry for both amounts). Mix well until combined.



Finishing Touches

When the **curry** has finished cooking, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Squeeze in some **lime juice** from a **lime wedge**. Taste and season with more **salt, pepper** and **lime juice** if you feel it needs it. Add a splash of **water** if it's a little too thick.



Into the Oven

Bring the **sauce** back up to the boil, then stir through the **sweet potato chunks** and **chickpeas**.

Pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **sweet potato** is tender and the **sauce** has thickened, 25-30 mins.

CUSTOM RECIPE

If you're adding **chicken**, add it to the **sauce** with the **veg**. Continue as instructed, the **chicken** will cook through while baking. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Serve Up

When everything's ready, fluff up the **rice** with a fork and share between your bowls.

Top with the **sweet potato curry** and sprinkle over the **peanuts** to finish.

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

Enjoy!

CATCH & COOK

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Full T&Cs apply. See [hellofresh-catch.co.uk/terms](https://www.hellofresh-catch.co.uk/terms) for details.

