

Vegetable Thai Yellow Style Curry

with Sweet Potato and Greens

Classic 35-40 Minutes • **Medium Spice** • 2 of your 5 a day • Veggie



Sweet Potato



Jasmine Rice



Pak Choi



Garlic Clove



Lime



Thai Style Spice Blend



Yellow Thai Style Paste



Coconut Milk



Soy Sauce



Peas



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Turmeric in combination with red chillies help make Thai Yellow different from the other colours of curry in Thai cuisine, resulting in a milder sauce. Here, our Vegetable Thai Yellow Style Curry heroes the veg.

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, garlic press, fine grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Jasmine Rice	150g	225g	300g
Pak Choi**	1	2	2
Garlic Clove**	1	2	2
Lime**	1	1½	2
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Yellow Thai Style Paste	45g	67g	90g
Coconut Milk	180ml	250ml	360ml
Soy Sauce (11) (13)	15ml	20ml	25ml
Peas**	120g	180g	240g
Diced British Chicken Breast**	240g	390g	480g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	767g	100g	897g	100g
Energy (kJ/kcal)	3214 /768	419 /100	3861 /923	431 /103
Fat (g)	20.3	2.6	22.6	2.5
Sat. Fat (g)	14.1	1.8	14.8	1.6
Carbohydrate (g)	127.3	16.6	127.5	14.2
Sugars (g)	24.8	3.2	24.9	2.8
Protein (g)	17.5	2.3	48.9	5.5
Salt (g)	2.81	0.37	3.01	0.34

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

Allergens

(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.

Contact

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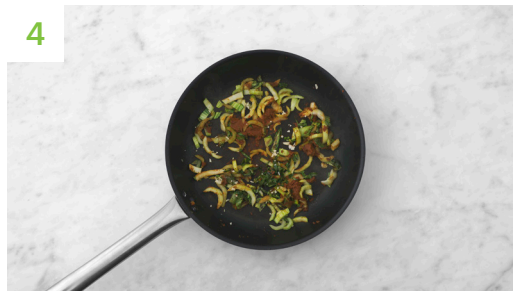


Roast the Sweet Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, 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, 25-35 mins. Turn halfway through.



Get Frying

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **pak choi** and stir-fry until just soft, 3-4 mins.

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

+ Add Chicken Breast

If you're adding **chicken**, heat the pan on medium-high heat instead. Fry the **chicken**, 5-6 mins, then add the **pak choi** and continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



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).



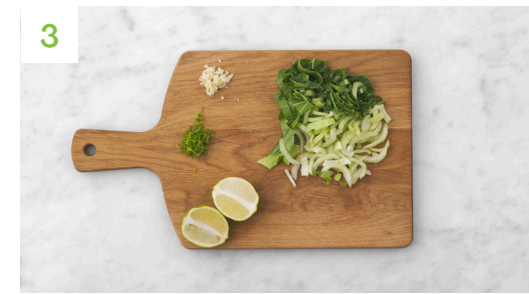
Simmer the Sauce

Once fragrant, add the **coconut milk**, **soy sauce** and **sugar** (see pantry for amount) to the frying pan. Stir well to combine and bring to the boil.

Lower the heat and simmer until slightly thickened, 2-3 mins.

Once the **sweet potatoes** are roasted, stir them through the **curry** along with the **peas**. Add the **lime zest** and a good squeeze of **lime juice**.

Taste the **curry** and add **salt**, **pepper**, **sugar** and more **lime juice** if needed.



Prep the Veg

Trim the **pak choi**, then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lime**.



Serve

Share the **rice** between your serving bowls.

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

Enjoy!