



# Sweet Potato Satay Curry

## with Peas and Zesty Jasmine Rice

**Classic** 30-35 Minutes • **Medium Spice** • 2 of your 5 a day

4



Sweet Potato



Jasmine Rice



Lime



Salted Peanuts



Peanut Butter



Indonesian Style  
Spice Mix



Sambal Paste



Ketjap Manis



Coconut Milk



Peas



Diced British  
Chicken Breast

### Pantry Items

Oil, Salt, Pepper

### + Add Chicken Breast

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

Happy cooking!

Also spelled as 'sate' in Indonesia, satay typically consists of skewered meat served with peanut sauce. We're keeping it simple by making a curry inspired by the peanut sauce and swapping out the meat to make it vegetarian.



## 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, kettle, fine grater, rolling pin and jug.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Jasmine Rice	150g	225g	300g
Lime**	1	1½	2
Salted Peanuts <b>1)</b>	25g	40g	50g
Peanut Butter <b>1)</b>	30g	45g	60g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Sambal Paste	15g	22g	30g
Ketjap Manis <b>11)</b>	25g	37g	50g
Coconut Milk	180ml	250ml	360ml
Peas**	120g	180g	240g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Boiling Water*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	75ml	120ml	150ml

\*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)	3880 / 927	506 / 121	4527 / 1082	505 / 121
Fat (g)	32.8	4.3	35.2	3.9
Sat. Fat (g)	16.7	2.2	17.4	1.9
Carbohydrate (g)	134.6	17.5	134.7	15.0
Sugars (g)	30.3	3.9	30.4	3.4
Protein (g)	23.1	3.0	54.6	6.1
Salt (g)	1.39	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, 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.

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## 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**, 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.

### + Add Chicken Breast

If you're adding **chicken**, once the **sweet potato** has cooked for 5 mins, add it to the tray. Bake, 12-15 mins, then add to the **sauce** and continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Satay Time

Pop a large saucepan on medium-high heat and add the **peanut sauce** from the jug. Gradually whisk in the **coconut milk** and **water for the sauce** (see pantry for amount), then bring to the boil.

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



## 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).

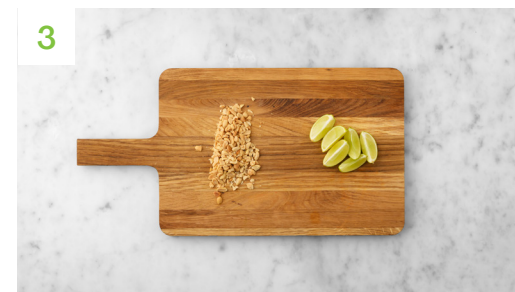


## Finish Up

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 more **water** if it's a little too thick.



## Some Quick Prep

Meanwhile, boil a half-full kettle.

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

In a jug, combine the **peanut butter**, **Indonesian style spice mix**, **sambal paste**, **ketjap manis** and **boiling water** (see pantry for amount). Mix well until smooth.



## 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!