



Creamy Veg Curry with Cashews and Zesty Rice

Classic 35-40 Minutes • Mild Spice • 4 of your 5 a day • Veggie

43



Bell Pepper



Broccoli



Baby Corn



Basmati Rice



Garlic Clove



Cashew Nuts



Korma Style Paste



Coconut Milk



Vegetable Stock
Paste



Lime

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, lid, garlic press, bowl and fine grater.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Broccoli**	1	1½	2
Baby Corn**	60g	90g	120g
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Cashew Nuts 2)	25g	40g	50g
Korma Style Paste 9)	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Lime**	1	1	2

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	150ml	225ml	300ml

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

Nutrition

Typical Values for uncooked ingredient	Per serving 542g	Per 100g 100g
Energy (kJ/kcal)	2897 /692	535 /128
Fat (g)	30.3	5.6
Sat. Fat (g)	18.3	3.4
Carbohydrate (g)	84.6	15.6
Sugars (g)	14.4	2.7
Protein (g)	18.5	3.4
Salt (g)	2.54	0.47

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

Allergens

2) Nuts **9)** Mustard **10)** Celery

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, 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.


Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Get Roasting

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

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Cut the **broccoli** into florets (like small trees), halving any large ones. Halve the **baby corn** lengthways.

Pop the **pepper** and **broccoli** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf of your oven until soft and slightly charred, 18-20 mins.

Halfway through, turn the **veg** and add the **baby corn** to roast for the remaining 8-10 mins.



Curry Up

Pop your (now empty) saucepan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **garlic** and **korma style paste**. Cook for 1 min, then pour in the **coconut milk**, **veg stock paste**, **sugar** and **water for the curry** (see pantry for both amounts).

Stir to combine and bring to the boil, then simmer until thickened, 4-5 mins.



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).



Bring on the Veg

While the **curry** cooks, zest the **lime** and cut into wedges.

Once cooked, stir the **roasted veg** into the **curry**. Add a squeeze of **lime juice**, then taste and add **salt**, **pepper** and more **lime juice** if needed.



Toasting Time

While the **rice** cooks, peel and grate the **garlic** (or use a garlic press). Heat a large saucepan on medium heat (no oil).

Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily.

Once toasted, transfer them to a bowl.



Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**, then spoon into your bowls.

Top your **zesty rice** with the **creamy veg curry**. Sprinkle with **cashews** to finish and serve with a **lime wedge** for squeezing over.

Enjoy!