



Fragrant Thai Style Veggie Curry

with Courgette, Green Beans and Zesty Jasmine Rice

Classic 35-40 Minutes • Medium Spice • 3 of your 5 a day • Veggie

41



Bell Pepper



Courgette



Green Beans



Lime



Jasmine Rice



Cashew Nuts



Yellow Thai Style Paste



Coconut Milk



Vegetable Stock Paste



Soy Sauce

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Fine grater, saucepan, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Courgette**	1	1½	2
Green Beans**	80g	150g	150g
Lime**	½	¾	1
Jasmine Rice	150g	225g	300g
Cashew Nuts 2)	25g	40g	50g
Yellow Thai Style Paste	90g	135g	180g
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Soy Sauce 11) 13)	15ml	15ml	30ml

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	100ml	150ml	200ml

*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 501g	Per 100g 100g
Energy (kJ/kcal)	2804 /670	559 /134
Fat (g)	31.2	6.2
Sat. Fat (g)	17.9	3.6
Carbohydrate (g)	81.1	16.2
Sugars (g)	11.1	2.2
Protein (g)	14.9	3.0
Salt (g)	4.62	0.92

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

Allergens

2) Nuts **10)** Celery **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, 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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1 Prep the Veg

Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.

Trim the **courgette**, then halve lengthways. Slice into 1cm thick half moons.

Trim and halve the **green beans**. Zest and halve the **lime**.



4 Get Frying

Pop the (now empty) frying pan back on medium heat with a drizzle of **oil**.

Add the **green beans, pepper** and **courgette**, then stir-fry until starting to soften, 3-4 mins.

Stir in the **yellow Thai style paste** and a pinch of **sugar** (if you have any). Stir-fry for 1 min more.



2 Cook the Rice

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 Curry Up

Stir in the **coconut milk, veg stock paste** and **water for the sauce** (see pantry for amount). Reduce the heat and simmer until the **curry** has thickened and the **veg** is tender, 4-5 mins.

Once thickened, stir through the **soy sauce** and add a squeeze of **lime juice**.

Taste and add more **lime juice** if needed, then remove from the heat.



3 Toast the Cashews

Heat a large frying pan 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, pop them into a small bowl and set aside.



6 Finish and Serve

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

Spoon the **veggie curry** on top and finish with a sprinkle of **cashews**.

Enjoy!