



More Than Food
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Sri Lankan Sweet Potato and Green Bean Curry

Today we are having a culinary geography lesson and the subject is: Sri Lanka. An island of just over 20 million people, Sri Lanka sits off the southern coast of India and is known as 'The Pearl of the Indian Ocean'. Until 1972 it was actually called Ceylon (hence the tea!) and it's particularly well known for its tasty spices. We had a word with our friends down at Seasoned Pioneers when we decided to create this recipe and they sent us this incredible fruity spice blend to transport you to sunnier climes. Enjoy!



40 mins



veggie



gluten free



vegan



spicy



lactose free



Brown Rice (1 cup)



Onion (1)



Garlic Clove (1)



Ginger (1 tbsp)



Green Beans (1 pack)



Sweet Potato (1/2)



Coriander (1/2 bunch)



Sri Lankan Curry Powder (1 tbsp)



Chilli Flakes (1/2 tsp)



Organic Coconut Milk (200ml)



Cashew Nuts (25g)



Desiccated Coconut (1 tbsp)




Lime (1/2)

2 PEOPLE INGREDIENTS

- Brown Rice
- Onion, chopped
- Garlic Clove, chopped
- Ginger, chopped
- Green Beans, chopped
- Sweet Potato, chopped
- Coriander, chopped

- 1 cup**
- 1**
- 1**
- 1 tbsp**
- 1 pack**
- ½**
- ½ bunch**

- Sri Lankan Curry Powder **1 tbsp**
- Chilli Flakes **¼ tsp**
- Organic Coconut Milk **200ml**
- Cashew Nuts **25g**
- Desiccated Coconut **1 tbsp**
- Lime **½**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

In Sri Lanka this dish is always called rice and curry, never curry and rice, because rice is seen to be the most important part of the dish!

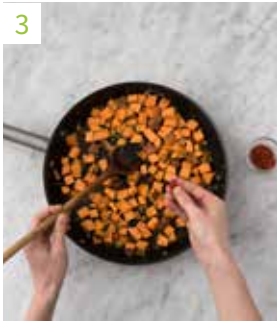
Allergens: Nut.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	747 kcal / 3137 kJ	37 g	25 g	91 g	25 g	14 g	0 g
Per 100g	121 kcal / 507 kJ	6 g	4 g	15 g	4 g	2 g	0 g



1 Bring a large pot of water to a rapid boil with a pinch of **salt**. Wash the **rice** under running water for 30 seconds (important step!). Add the **rice** to the boiling water and boil for 25 mins until soft enough to eat. When the **rice** is cooked, drain it, put it back in the pot off the heat and cover with a tea towel.



2 Meanwhile, peel and roughly chop the **onion** and peel and finely chop the **garlic**. Peel the **ginger** using the edge of a spoon and finely chop. Cut the very top and bottom off the **green beans** (i.e. 'top and tail' them) then chop them into three pieces. Wash the **sweet potato** and chop into 1cm cubes, then roughly chop the **coriander**. **Tip:** *No need to peel the sweet potato as the skin is very nutritious!*



3 Heat a frying pan with a splash of **olive oil** over medium heat. Add your **onion** and cook for 4 mins until soft, then add your **garlic** and **ginger** and cook for another minute. Add the **Sri Lankan curry powder**, **sweet potato**, as much of the **chilli flakes** as you dare, along with a pinch of **salt** and mix well.



4 Add the **coconut milk**. Refill the tin halfway with **water**, swill it around and add this too. Cover with a lid and cook gently for 10-15 mins, until your **potatoes** are just cooked. Add your **green beans** and continue to cook for a further 5 mins.

5 Toast the **cashew nuts** in a dry frying pan for a few mins. Watch them carefully as they can burn quickly. Once your **cashews** start to brown, add the **desiccated coconut**. **Tip:** *Be careful as the coconut can burn really quickly too.*

6 Once your **sauce** has bubbled down to a nice thick consistency, squeeze a little your **lime juice** into your **curry**. Stir through three-quarters of your **coriander**. Add more **salt** and **black pepper** to taste.

7 Serve your **rice** topped with your **curry**, your toasted **coconut** and cashew and your remaining chopped **coriander**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!