



Cooking Made Easy

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## Sri Lankan Sweet Potato and Green Bean Curry

Tap, tap, tap! Class! 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”. 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 blend to transport you to sunnier climes. Enjoy!



40 min



veggie



spicy



gluten free



Sweet Potato



Onion



Garlic Clove



Ginger



Organic Coconut Milk



Brown Rice



Green Beans



Cashew Nuts



Sri Lankan Curry Powder



Desiccated Coconut



Chilli Flakes



Coriander



Lime

## Ingredients

	2P	4P
Sweet Potato, cubed	1	2
Onion, chopped	1	2
Garlic Clove, diced	1	2
Ginger, diced	1	2
Organic Coconut Milk	2/3 cup	1 1/2 cups
Brown Rice	175g	350g
Green Beans, chopped	1 handful	2 handfuls
Cashew Nuts 1	1 tbsp	2 tbsp
Sri Lankan Curry Powder	1 tbsp	2 tbsp
Desiccated Coconut	1 tbsp	2 tbsp
Chilli Flakes	1/4 tsp	1/2 tsp
Coriander, chopped	1/2 bunch	1 bunch
Lime	1/2	1



May feature in  
another recipe

\* Good to have at home

## Allergens

1) Nut

## Nutrition per serving

Calories: 713 kcal,  
Protein: 15 g, Carbs: 92 g,  
Fat: 31 g, Saturated Fat: 22 g



**1** Bring a large pot of water to a rapid boil with  $\frac{1}{2}$  tsp of salt. Wash the rice under running water for 30 seconds (important step!). Boil the rice for 25 mins until soft enough to eat. Drain the rice and put it back in the pan off the heat and cover with a tea towel.



**2** Meanwhile, peel and roughly chop the onion and finely dice the garlic. Peel the ginger using the edge of a spoon and finely dice. Cut the very top and bottom off the green beans (i.e. 'top and tail' them) then chop into bite sized pieces. Wash the sweet potato and chop into 1cm cubes then roughly chop the coriander.



**3** Heat a pan with 1 tbsp of oil over a medium heat. Add the onion and cook for 4 mins until soft, add the garlic and ginger and cook for another minute. Add the curry powder, the sweet potatoes, as much of the flaked chilli as you dare along with  $\frac{1}{4}$  tsp of salt and mix well.



**4** Add the coconut milk. Refill

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

**5** Toast the cashew nuts in a dry pan for a few mins. Watch them carefully as they can burn quickly. In a separate pan do the same with the desiccated coconut. **Tip:** Be really careful as the coconut can burn really quickly

**6** Once the sauce has bubbled down to a nice thick consistency squeeze the juice from half the lime into the curry. Stir through the cashew nuts and  $\frac{3}{4}$  of the coriander. Add more salt and pepper to taste.

**7** Serve the rice topped with the curry and the toasted coconut and the remaining chopped coriander.