



Easy Baked Thai Green Chickpea Curry

with Rice & Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Chickpeas



Carrot



Baby Broccoli



Thai Green Curry Paste



Garlic Paste



Coconut Cream



Baby Spinach Leaves



Roasted Peanuts



Coriander

- Hands-on: **10-20 mins**
- Ready in: **35-45 mins**
- Spicy (Thai green curry paste)

We know there's no set rules for making a Thai green curry, which is why we've cooked ours in the oven for maximum hands-off time. It's an easy-peasy vegetarian version that'll knock your socks off!

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cup	2½ cup
jasmine rice	1 packet	2 packets
chickpeas	1 tin	2 tins
carrot	1	2
baby broccoli	1 bunch	2 bunches
Thai green curry paste	½ tin	1 tin
garlic paste	1 packet	2 packets
coconut cream	1 box (200ml)	1 tin (400ml)
water* (for the curry)	½ cup	1 cup
rice wine vinegar*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
roasted peanuts	1 packet	2 packets
coriander	1 bag	1 bag

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3595kJ (859Cal)	634kJ (151Cal)
Protein (g)	19.6g	3.5g
Fat, total (g)	43.8g	7.7g
- saturated (g)	25.7g	4.5g
Carbohydrate (g)	95.1g	16.8g
- sugars (g)	10.4g	1.8g
Sodium (mg)	1268mg	224mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook rice

Preheat the oven to **240°C/220°C fan-forced**. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

3



Make it saucy

Remove the baking dish from the oven and add the **baby broccoli, coconut cream and water (for the curry)**. Stir to combine. Return to the oven and bake until the veggies are tender, **8-10 minutes**. Add the **rice wine vinegar, soy sauce** and **baby spinach leaves**. Stir to combine and season.

2



Get prepped

While the rice is cooking, drain and rinse the **chickpeas**. Thinly slice the **carrot** (unpeeled) into rounds. Trim and roughly chop the **baby broccoli**. In a baking dish, add the **chickpeas, carrot, Thai green curry paste** (see ingredients), **garlic paste** and a drizzle of **olive oil**. Season. Toss to coat then bake for **15 minutes**.

4



Serve up

Divide the rice between bowls and top with the baked Thai green chickpea curry. Sprinkle over the **roasted peanuts**. Tear over the **coriander**.

Enjoy!