



Goconutty Veggie Curry

with Golden Rice and Peanuts



HELLO TURMERIC

This popular spice is known as 'the golden spice of India' because of its beautiful colour.



Onion



Carrot



Chestnut Mushrooms



Green Beans



Baby Corn



Tomato Purée



Goan Xacuti Curry Powder



Tamarind Sauce



Turmeric



Coconut Milk



Vegetable Stock Pot



Water



Basmati Rice



Salted Peanuts

MEAL BAG

35 mins

4 of your 5 a day

Very Hot

Vegan

Goan xacuti curry powder is the star of today's recipe! It's pronounced za-coo-tea and is a blend of fiery dried chilli, sweet cinnamon and coriander (amongst other deliciously fragrant things). It's traditional in Goa to balance the heat of spices with creamy, soothing coconut milk as André has done here. He's also filled it full of lovely veggies and topped the whole thing off with peanuts for a bit of extra crunch.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler**, two **Large Saucepans** (one with a **Lid**), **Measuring Jug** and some **Clingfilm**. Now, let's get cooking!



1 DO THE PREP

Halve, peel and thinly slice the **onion** into half moons. Peel the **carrot** and remove the top and bottom, then halve lengthways and slice into thin half moons. Slice the **chestnut mushrooms**. Trim the tops from the **green beans** and chop them and the **baby corn** into four pieces.



2 MAKE THE CURRY

Heat a splash of **oil** in a large saucepan over medium heat. Add the **onion, carrot and mushrooms**. Cook, stirring frequently, until everything has softened, 5-6 mins. Stir the **tomato purée, Goan xacuti curry powder, tamarind sauce** (only use the amount stated in the ingredient list!) and **half the turmeric** into the **veggies**. Cook for 2 mins. Add the **coconut milk, half the veggie stock pot** and bring to a simmer. Cook for 10 mins.



3 COOK THE RICE

Meanwhile, pop the remaining **turmeric** and **stockpot** into another large saucepan with the **water** (amount specified in the ingredient list). Bring to the boil on high heat, stir to dissolve the **stock pot** and add the **rice**. Lower the heat to medium and cover with a lid (or some foil). Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. ★ **TIP:** *The rice will finish cooking in its own steam.*



4 FINISH THE CURRY

Once the curry has simmered away for 10 mins, add the **green beans and baby corn**. Continue to cook until the **beans** are tender, another 8-10 mins. Taste and add **salt and pepper** if necessary.



5 BASH THE PEANUTS

Place the **peanuts** between two sheets of clingfilm. Bash with a rolling pin or the bottom of a saucepan.



6 SERVE

Fluff up the **rice** with a fork and spoon it into bowls. Top with the **veggie curry** and sprinkle over the **peanuts**. **Enjoy!**

2 PEOPLE INGREDIENTS

Onion, sliced	1
Carrot, sliced	1
Chestnut Mushrooms, sliced	1 small punnet
Green Beans, chopped	1 pack
Baby Corn, chopped	1 pack
Tomato Purée	30g
Goan Xacuti Curry Powder	1½ tsp
Tamarind Sauce	½ tbsp
Turmeric	½ tsp
Coconut Milk	400ml
Vegetable Stock Pot ¹⁰ ¹⁴	1
Water*	300ml
Basmati Rice	150g
Salted Peanuts, bashed ¹	25g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	883	137
(kJ)	3691	571
Fat (g)	48	7
Sat. Fat (g)	36	6
Carbohydrate (g)	93	14
Sugars (g)	23	4
Protein (g)	20	3
Salt (g)	2.86	0.44

ALLERGENS

¹) Peanut ¹⁰) Celery ¹⁴) Sulphites

Goan Xacuti Curry Powder: Poppy Seeds, Coriander, Crushed Red Chillies, Cinnamon, Black Peppercorns, Cumin, Turmeric, Cloves, Aniseed, Star Anise, Fenugreek, Ajowan, Cardamom, Nutmeg.

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains **sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on **0207 138 9055**, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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