



Mild Thai Red Veggie Curry

with Jasmine Rice & Roasted Cashews

Grab your Meal Kit with this symbol



Jasmine Rice



Brown Onion



Garlic



Broccoli



Asian Greens



Carrot



Lemon



Coriander



Mild Thai Red Curry Paste



Coconut Milk



Vegetable Stock



Roasted Cashews

Hands-on: 25 mins
Ready in: 30 mins

Enjoy a bowl of rich and creamy Thai red curry, loaded with colourful veggies and aromatic spices. With a sprinkling of roasted cashews to finish it all off, this delicious meal will beat your local takeaway joint!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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 · Large frying pan

Ingredients

	4-5 People
olive oil*	refer to method
water*	2½ cups
jasmine rice	2 packets
brown onion	1
garlic	4 cloves
broccolini	1 bunch
Asian greens	1 bunch
carrot	2
lemon	1
coriander	1 bunch
mild Thai red curry paste	1 tin
coconut milk	2 tins (800ml)
vegetable stock	1 sachet
soy sauce*	2 tbs
brown sugar*	2 tsp
roasted cashews	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3660kJ (875Cal)	645kJ (154Cal)
Protein (g)	19.1g	3.4g
Fat, total (g)	43.3g	7.6g
- saturated (g)	25.5g	4.5g
Carbohydrate (g)	92.6g	16.3g
- sugars (g)	22.2g	3.9g
Sodium (mg)	1550mg	272mg

Allergens

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

Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the rice

In a medium saucepan, bring the **water** 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!*



2. Get prepped

While the rice is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Trim the **broccolini** and cut into 2cm pieces. Roughly chop the **Asian greens**. Thinly slice the **carrot** (unpeeled) into half-moons. Zest the **lemon** to get a generous pinch, then slice into wedges. Roughly chop the **coriander**.



3. Start the curry

Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **carrot** and cook until softened, **4-5 minutes**. Add the **garlic, lemon zest** and **mild Thai red curry paste** and cook until fragrant, **1-2 minutes**.



4. Make it creamy

Add the **coconut milk** and **vegetable stock** to the frying pan. Bring to the boil, then reduce the heat to medium and cook, stirring occasionally, until slightly thickened, **5-6 minutes**.



5. Finish the curry

Add the **broccolini** and cook until tender, **5-6 minutes**. Add the **Asian greens**

and cook until wilted, **1-2 minutes**. Stir through the **soy sauce** and **brown sugar**.



6. Serve up

Divide the jasmine rice between bowls and top with the mild Thai red veggie curry. Sprinkle with the **roasted cashews** and garnish with the coriander. Serve with the lemon wedges.

Enjoy!