



Sri Lankan Style Veggie Curry and Rice

with Coconut, Chilli and Lime Sambol

23

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Cauliflower



Garlic Clove



Green Beans



Basmati Rice



Desiccated Coconut



Sri Lankan Curry Powder



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Lime



Red Chilli

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, saucepan, lid, frying pan, fine grater and bowl.

Ingredients

	2P	3P	4P
Cauliflower**	1	1	2
Garlic Clove**	1	1	2
Green Beans**	150g	200g	300g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Desiccated Coconut	15g	22g	25g
Sri Lankan Curry Powder	2 sachets	2 sachets	4 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Sauce*	150ml	225ml	300ml
Lime**	½	1	1
Red Chilli**	½	¾	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	583g	100g
Energy (kJ/kcal)	2695 /644	462 /110
Fat (g)	25.9	4.4
Sat. Fat (g)	21.2	3.6
Carbohydrate (g)	80.9	13.9
Sugars (g)	12.6	2.2
Protein (g)	16.7	2.9
Salt (g)	1.11	0.19

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Roast the Cauli

Preheat your oven to 220°C/200°C fan/gas mark 7.

Cut the **cauliflower** into florets (like small trees), halving any large ones. Pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and chop into thirds.



Start the Curry

Heat a drizzle of **oil** in the (now empty) frying pan on medium heat.

Once hot, add the **garlic**, **Sri Lankan curry powder** and **tomato puree** to the pan. Cook for 1 min, then add the **coconut milk**, **green beans**, **vegetable stock paste** and **water for the sauce** (see ingredients for amount).

Stir to combine, bring to a boil, then lower the heat and simmer gently until slightly thickened, 5-6 mins. Add a splash of **water** if it gets too thick.

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Cook the Rice

Meanwhile, pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp of salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Make the Sambol

Meanwhile, zest and halve the **lime**. Halve the **chilli** lengthways (see ingredients for amount), deseed, then finely chop.

Pop the **lime zest** and **chilli** into the bowl with the **toasted coconut**. Squeeze in a **quarter** of the **lime juice**, season with **salt** and mix well to combine.

Set the **coconut sambol** aside.



Toasting Time

While the **rice** cooks, heat a large frying pan on medium heat (no oil).

Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch it like a hawk as it can burn easily.

Transfer to a bowl and set aside.



Finish and Serve

Once the **curry** has thickened, season with **salt** and **pepper**. Squeeze in the remaining **lime juice**, stir well, then taste and add more **salt**, **pepper** and **lime juice** if needed.

When **cauliflower** is roasted, add to the **curry** and stir through.

Fluff up the **rice** with a fork, then divide between your bowls. Spoon the **Sri Lankan style curry** over the top and sprinkle with the **coconut sambol**.

Enjoy!