



# Veggie Thai Yellow Curry

with Brown Rice & Roasted Cashews



Grab your Meal Kit with this symbol



Brown Rice



Brown Onion



Green Beans



Capsicum



Asian Greens



Ginger



Yellow Curry Paste



Coconut Milk



Vegetable Stock



Roasted Cashews

Hands-on: **20-30 mins**  
 Ready in: **30-40 mins**

Spicy (Yellow curry paste)

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

### Pantry items

Olive Oil, 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 · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
water*	3 cups	6 cups
brown onion	½	1
green beans	1 bag (200g)	1 bag (400g)
capsicum	1	2
Asian greens	1 bunch	2 bunches
ginger	1 knob	2 knobs
yellow curry paste	1 tub (25g)	1 tub (50g)
coconut milk	1 tin (400ml)	2 tins (800ml)
vegetable stock	½ cube	1 cube
soy sauce*	2 tsp	1 tbs
roasted cashews	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3643kJ (870Cal)	521kJ (124Cal)
Protein (g)	19g	2.7g
Fat, total (g)	49.2g	7g
- saturated (g)	26.5g	3.8g
Carbohydrate (g)	72.9g	10.4g
- sugars (g)	15.8g	2.3g
Sodium (mg)	1211mg	173mg

### Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.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 the rice

In a medium saucepan, bring the **brown rice** and the **water** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan.



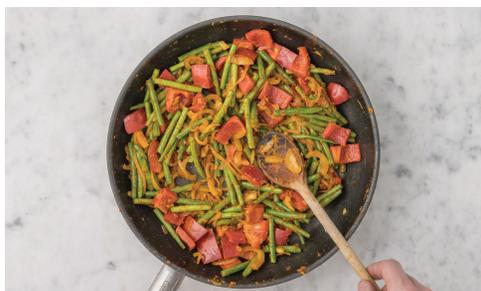
### 2. Get prepped

While the rice is cooking, thinly slice the **brown onion** (see ingredients list). Trim and halve the **green beans**. Roughly chop the **capsicum**. Roughly chop the **Asian greens**. Finely grate the **ginger**.



### 3. Make the curry base

**SPICY!** You may find the curry paste hot! Feel free to add a little less, depending on your taste. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and cook until softened, **4-5 minutes**. Add the **ginger** and **yellow curry paste** and cook until fragrant, **1 minute**.



### 4. Add the veggies

Add the **green beans** and **capsicum** to the frying pan and cook, stirring, until softened, **4-5 minutes**.



### 5. Simmer the curry

Add the **coconut milk** and crumbled **vegetable stock** (**1/2 cube for 2 people / 1 cube for 4 people**) to the frying pan and stir to combine. Bring to the boil, then reduce the heat to medium and cook until the sauce has thickened, **10 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Stir in the **soy sauce**.



### 6. Serve up

Divide the rice between bowls and top with the veggie Thai yellow curry. Sprinkle with the **roasted cashews** to serve.

**Enjoy!**