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## Thai Sweet Potato and Baby Corn Panang Curry

Though Panang is a mild curry, nutritionally it packs one hell of a punch! Sweet potatoes are full of beta-carotene (good for your eyesight!) and vitamin C, but the really interesting ingredient is Thai basil. For centuries it's been used in Ayurvedic medicine to ward off everything from headaches, fever, respiratory problems and even anxiety. No wonder it's otherwise known as Holy basil!



40 mins



spicy



veggie



lactose free



Brown Rice (1 cup)



Sweet Potato (½)



Salted Peanuts  
(25g)



Broccoli  
(½)



Thai Basil  
(½ bunch)



Panang Curry Paste  
(1 tbsp)



Organic Coconut Milk  
(400ml)



Baby Corn  
(1 pack)

## Ingredients

	2 PEOPLE	ALLERGENS
Brown Rice	1 cup	
Sweet Potato, chopped	½	
Salted Peanuts	25g	Peanut
Broccoli, florets	½	
Thai Basil, chopped	½ bunch	
Panang Curry Paste	1 tbsp	
Organic Coconut Milk	400ml	
Baby Corn	1 pack	

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Baby corn is from the same crop as corn except it is harvested early so that you can still eat the inner cob before it goes tough!

**Nutrition per serving:** Calories: 642 kcal | Protein: 20 g | Carbs: 71 g | Fat: 31 g | Saturated Fat: 18 g



**1** Bring a large pot of water to the boil then add ¼ tsp of **salt**. Rinse the **brown rice** under water then rapidly boil it for around 25 mins. Once the rice is soft enough to eat, drain it and keep it to the side. **Tip:** *You need your water to be rapidly bubbling in order to shorten the cooking time.*

**2** Peel the **sweet potato** and chop half of it into (roughly) 2cm chunks. Roughly chop the **peanuts**. Cut the **broccoli** into florets. Roughly chop 3 tbsp of **Thai basil** leaves.



**3** Heat 2 tsp of **oil** in a non-stick frying pan on medium heat. Once warm, add the **Panang curry paste** and cook for 1 minute to develop the flavour. Once it has become fragrant add the **coconut milk** and stir.

**4** Add the **sweet potato** with ¼ tsp of **salt**. Leave to simmer gently for 15 mins on medium-low heat.

**5** Add in the **baby corn** and **broccoli** florets and continue to simmer for 5 mins. The **corn** should have a little bit of bite left in it when it is cooked.



**6** Stir the **Thai basil** through the curry along with half the **peanuts**. **Tip:** *If you aren't keen on the taste of Thai basil, simply put less in! Taste for seasoning and add a bit more **salt** if you need to.*

**7** Serve your curry on a bed of **brown rice** and top with your remaining chopped **peanuts**. **Tip:** *You can add a bit more chopped basil for garnish too.*

