



Thai Green Curry

with Rice Noodles and Peanuts



HELLO COCONUT

Coconut water is a workable short-term substitute for human blood plasma and was positively tested as emergency intravenous fluid.



Chestnut Mushrooms



Folded Rice Noodles



Green Thai Curry Paste



Thai Garnish



Coconut Milk



Vegetable Stock Powder



Green Beans



Lime



Coriander



Salted Peanuts



Spring Onion



Baby Spinach



Soy Sauce

MEAL BAG

- 30 mins
- 2 of your 5 a day
- Veggie

Nourishing, flavour-packed, and bursting with fresh green veg, Chef Jesse has given a classic Thai Green Curry that you're going to love. Our special Thai curry paste gives the dish a brilliant kick of heat, whilst the garnish adds a beautiful layer of texture. Traditionally served with steamed rice, we've done things a little bit differently in this recipe by using noodles instead (they're perfect for mopping up all the sauce!)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Mixing Bowl, Colander, Measuring Jug, Fine Grater, and Ladle**. Now, let's get cooking!



1 FRY THE MUSHROOMS

Fill and boil your kettle. Thinly slice the **mushrooms**. Heat a glug of **oil** in a large saucepan over medium heat. When hot, fry the **mushrooms** until starting to brown, stirring regularly, 3-4 mins.



2 COOK THE NOODLES

Meanwhile, put the **noodles** in a mixing bowl with a pinch of **salt**. Once your water is boiling, pour it over the **noodles** to completely submerge them. Cover the bowl with a plate. Set aside for 8-10 mins, before draining in a colander and returning the **noodles** to the bowl in cold water to stop them from cooking any more.



3 SIMMER THE CURRY

Add the **green Thai curry paste** and **Thai garnish** to the pan with the **mushrooms**. **★ TIP: Add less if you're not a fan of heat!** Cook for 30 seconds, stirring continuously, then pour in the **coconut milk, water** (see ingredients for amount) and **stock powder**. Stir to dissolve the **stock powder**. Bring to the boil, then reduce the heat and simmer until reduced slightly, 6-8 mins.



4 GET PREPPED

In the meantime, trim the **green beans** then chop into thirds. Zest the **lime** and cut into wedges. Roughly chop the **coriander** (stalks and all) and the **salted peanuts**. Trim the **spring onion** then slice thinly.



5 ADD THE VEGGIES

Once the **curry** has reduced slightly, stir the **green beans** into the pan. Cook until the **green beans** are tender, a further 8-10 mins, then stir in the **spinach** a handful at a time. Cook until just wilted. Drain the **noodles** again in the colander and combine with the curry and heat until piping hot, ensuring they are well coated. **★ TIP: Add a splash of water if you think the sauce has thickened too much, it should be a soupy consistency.**



6 FINISHING UP

To finish, stir the **lime zest** and **half** the **coriander** into the **curry** and season to taste with **lime juice** and **soy sauce**. Ladle into deep bowls and sprinkle with the chopped **peanuts**, remaining **coriander** and **spring onion**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chestnut Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Folded Rice Noodles 13)	1 pack	1½ packs	2 packs
Green Thai Curry Paste	1 pot	1½ pots	2 pots
Thai Garnish	1 pot	1 pot	2 pots
Coconut Milk	1 can	1½ cans	2 cans
Water*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Green Beans *	1 small pack	1 large pack	2 small packs
Lime *	1	1	2
Coriander *	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	1 small bag	1 large bag	1 large bag
Spring Onion *	1	2	3
Baby Spinach *	1 small bag	1 small bag	1 large bag
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets

*Not Included

*Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 608G	PER 100G
Energy (kcal)	748	123
(kJ)	3128	514
Fat (g)	32	5
Sat. Fat (g)	22	4
Carbohydrate (g)	97	16
Sugars (g)	11	2
Protein (g)	17	3
Salt (g)	4.67	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 10) Celery 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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