



VEGGIE PACKED YELLOW THAI CURRY

with Spring onions and BasmaRice



BALANCED RECIPE



HELLO RED PEPPER

Vitamin C also called ascorbic acid, cannot be made by the body. Therefore the only way to get vitamin C would be through your diet. All fruits and vegetables contain vitamin c, despite common myth, oranges are not the highest source of vitamin C. However Peppers are, Red peppers in particular.



Basmati Rice



Star Anise



Onion



Ginger



Red Pepper



Baby Corn



Green Beans



Coriander



Yellow Curry Paste



Honey



Light Coconut Milk



Spring Onion



Lime



Soy Sauce

MEAL BAG

35 mins

3.5 of your 5 a day

Very hot

Balanced

Under 550 calories

Low in sugar

The chefs have given an all-time customer favourite, yellow Thai curry, a fresh kick for our 'Balance' recipe collection, packing in even more vegetables and serving it up with brown rice. The warm heat from our delicious yellow curry paste is offset by creamy coconut milk which creates a flavour that works brilliantly with the fresh veg in this dish. Serve up the curry in deep bowls and top with fresh coriander and a squeeze of lime for a hearty and wholesome dinner.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Fine Grater** and two **Frying Pan Pans**. Now let's get cooking!



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt** and the **star anise**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



2 PREP THE VEGGIES

Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **ginger**. Halve the **pepper** and discard the core and seeds. Chop the **baby corn** in half lengthways. Trim the **green beans** and chop in half. Roughly chop the **coriander** (stalks and all).



3 START THE CURRY

Heat a drizzle of **oil** in a frying pan on medium heat. Add the **onion**, stir and cook until soft, 5 mins. Add the **ginger**, **yellow curry paste** (add less if you don't like things too hot!) and **honey** and cook, stirring, for 1 minute more. Add the **green beans**, **pepper** and **coconut milk**. Stir together, then simmer until thickened, 10 mins. Stir in the **baby corn** for the last 5 mins.



4 NEARLY THERE

While the curry cooks, trim the **spring onion** and thinly slice. Zest the **lime** and chop into wedges.



5 FINISH UP

When the **curry** is cooked, stir through the **soy sauce** and add a squeeze of **lime juice**. Taste and add more **lime juice** if desired. Fluff up the **rice** with a fork and remove the **star anise**, then stir through the **spring onion** and **lime zest**.



6 SERVE

Serve the **rice** in bowls with a generous portion of **Indonesian curry** on top. Finish by sprinkling over the **coriander** and topping with any remaining **lime wedges**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Star Anise	1	1	2
Onion *	1	1½	2
Ginger *	1 piece	1½ pieces	2 pieces
Red Pepper *	1	1½	2
Baby Corn *	1 pack	1½ packs	2 packs
Green Beans *	1 medium pack	1 large pack	2 medium packs
Coriander *	1 bunch	1 bunch	1 bunch
Yellow Curry Paste	½ pot	¾ pot	1 pot
Honey	½ sachet	¾ sachet	1 sachet
Light Coconut Milk	1 tin	1½ tins	2 tins
Spring Onion *	1	2	3
Lime *	1	1½	2
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 613G	PER 100G
Energy (kJ/kcal)	2251 / 538	367 / 88
Fat (g)	17	3
Sat. Fat (g)	11	2
Carbohydrate (g)	81	13
Sugars (g)	18	3
Protein (g)	13	2
Salt (g)	2.11	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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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