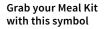


# Veggie Thai Yellow Curry & Brown Rice with Roasted Cashews















Green Beans







Asian Greens



Yellow Curry



Ginger

Paste



Vegetable Stock



**Roasted Cashews** 

**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 with lid  $\cdot$  Large frying pan

# Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown rice	1 packet	2 packets	
water* (for the rice)	3 cups	6 cups	
brown onion	1/2	1	
green beans	1 bag (200g)	1 bag (400g)	
zucchini	1	2	
Asian greens	1 bunch	2 bunches	
ginger	1 knob	2 knobs	
yellow curry	1 tub	1 tub	
paste	(25g)	(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	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3577kJ (854Cal)	511kJ (122Cal)
Protein (g)	18g	2.6g
Fat, total (g)	49.4g	7.1g
- saturated (g)	26.5g	3.8g
Carbohydrate (g)	70.1g	10g
- sugars (g)	12.9g	1.8g
Sodium (mg)	1210mg	173mg

The quantities provided above are averages only.

## **Allergens**

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Cook the rice

In a medium saucepan, bring the **brown rice** and the **water (for the rice)** 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.



## Get prepped

While the rice is cooking, thinly slice the **brown onion** (see ingredients). Trim and halve the **green beans**. Cut the **zucchini** into 1cm half-moons. Roughly chop the **Asian greens**. Finely grate the **ginger**.



# Start the curry

**SPICY!** You may find the curry paste hot! Feel free to add a little less, depending on your taste. While the rice is cooking, 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**.



## Add the veggies

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



# Simmer the curry

Add the **coconut milk** and crumbled **vegetable stock** (1/2 cube for 2 people / 1 cube for 4 people) to the 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**.



## Serve up

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

# Enjoy!