



Veggie Thai Yellow Curry

with Brown Rice & Roasted Peanuts



Grab your Meal Kit with this symbol



Brown Rice



Brown Onion



Capsicum



Carrot



Asian Greens



Broccoli



Ginger



Yellow Curry Paste



Coconut Milk



Vegetable Stock



Roasted Peanuts

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

Spicy (yellow curry paste)

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

Unfortunately, this week's green beans were in short supply, so we've replaced them with capsicum. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Brown Sugar, 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 too.

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
capsicum	1	2
carrot	1	2
Asian greens	1 packet	1 packet
broccoli	1 head	2 heads
ginger	1 knob	2 knob
yellow curry paste	½ packet (25g)	1 packet (50g)
coconut milk	1 tin (400ml)	2 tins (800ml)
vegetable stock	½ sachet	1 sachet
brown sugar*	1 tsp	2 tsp
soy sauce*	2 tsp	4 tsp
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3030kJ (725Cal)	555kJ (133Cal)
Protein (g)	21.3g	3.9g
Fat, total (g)	34.9g	6.4g
- saturated (g)	14.3g	2.6g
Carbohydrate (g)	70.5g	12.9g
- sugars (g)	9.9g	1.8g
Sodium (g)	1200mg	220mg

Allergens

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

Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/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 the **rice** to the saucepan.



2. Get prepped

Thinly slice the **brown onion** (see ingredients list). Thinly slice the **capsicum**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Cut the **broccoli** into small florets and roughly chop the stalk. Finely grate the **ginger**.



3. Cook the veggies

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 **capsicum, carrot** and **broccoli** to the frying pan and cook, stirring, until softened, **5-6 minutes**.



4. Add the curry base

SPICY! You may find the curry paste hot! Feel free to add a little less, depending on your taste. Add the **ginger** and **yellow curry paste** (see ingredients list) to the frying pan and cook until fragrant, **1 minute**.



5. Simmer the curry

Add the **coconut milk, vegetable stock** (½ sachet for 2 people / 1 sachet for 4 people) and **brown sugar** to the frying pan and stir to combine. Bring to the boil, then reduce to a medium heat and simmer until the curry is thickened, **10 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Stir in the **soy sauce**.



6. Serve up

Divide the brown rice between bowls and top with the veggie Thai yellow curry. Sprinkle with the **roasted peanuts**.

Enjoy!

TIP: Add a splash of water if the curry is too thick!