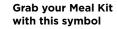


# Veggie Thai Yellow Curry

with Brown Rice & Roasted Peanuts















Carrot

**Asian Greens** 







Ginger

Broccoli





Coconut Milk

**Yellow Curry** Paste

Vegetable Stock Powder

**Roasted Peanuts** 



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.

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

<sup>\*</sup>Pantry Items

#### **Nutrition**

|                  | Per Serving            | Per 100g              |
|------------------|------------------------|-----------------------|
| Energy (kJ)      | <b>3740kJ</b> (893Cal) | <b>627kJ</b> (150Cal) |
| Protein (g)      | 22.2g                  | 3.7g                  |
| Fat, total (g)   | 51.8g                  | 8.7g                  |
| - saturated (g)  | 26.3g                  | 4.4g                  |
| Carbohydrate (g) | 70.5g                  | 11.8g                 |
| - sugars (g)     | 10.2g                  | 1.7g                  |
| Sodium (mg)      | 1220mg                 | 204mg                 |

#### **Allergens**

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



## 2. Get prepped

While the rice is cooking, thinly slice the brown onion (see ingredients list). 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

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Add the **onion** and cook until softened, 4-5 minutes. Add the broccoli and carrot and cook, stirring, until softened, 5-6 minutes.



# 4. Make 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 veggies and cook until fragrant, 1 minute.



# 5. Simmer the curry

Add the coconut milk, vegetable stock powder (1/2 sachet for 2 people / 1 sachet for 4 people) and brown sugar to the curry base and stir to combine. Bring to the boil, then reduce to a medium heat and simmer until the curry has 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!