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Coconut Curried Rice Bowl with Cashews

It's little wonder Thailand is known as the 'land of smiles'—their vibrant street food is enough to have anyone grinning! We're hoping this curried rice bowl with creamy coconut and cashews will leave you smiling. If you've got a spoonful of peanut butter in the cupboard then add it in as your secret ingredient!



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1

Pantry Items



Olive Oil



Water



Eggplant



Basmati Rice



Brown Onion



Vegetable
Curry Paste



Coconut Milk



Green Beans



Coriander



Roasted Cashew

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2P	4P	Ingredients
1	2	eggplant, chopped into 1 cm cubes
1 ½ tbs	3 tbs	olive oil *
1 packet	2 packets	basmati rice, rinsed well
3 cups	6 cups	water *
1	2	brown onion, finely sliced
1 tub	2 tubs	vegetable curry paste (recommended amount)
½ tin	1 tin	coconut milk
1 packet	2 packets	green beans, sliced in half
1 bunch	2 bunches	coriander, leaves picked
1 packet	2 packet	roasted cashews

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

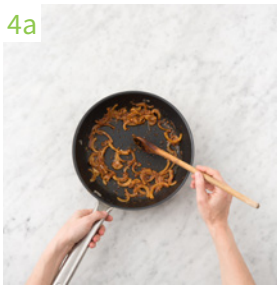
Energy	3200	Kj
Protein	17.1	g
Fat, total	37.8	g
-saturated	15.2	g
Carbohydrate	81	g
-sugars	16.2	g
Sodium	984	mg



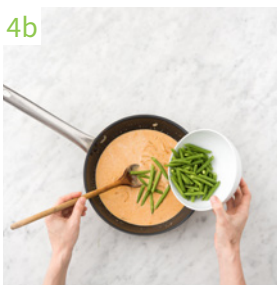
You will need: sieve, chef's knife, chopping board, vegetable peeler, garlic crusher, mixing bowl, whisk or fork, spatula, medium saucepan, steamer basket, large wok or frying pan and wooden spoon.

1 Preheat the oven to **220°C / 200°C fan-forced**.

2 Place the **eggplant** on the prepared oven tray. Drizzle with half the **olive oil** and season generously with **salt** and **pepper**. Toss to coat eggplant. Place the tray in the oven and cook for **20 minutes**, or until the eggplant is soft and tender. Remove the tray from the oven and set aside.

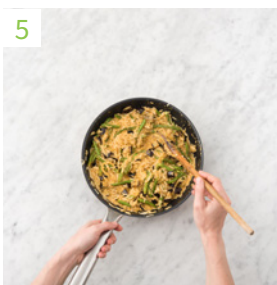


3 Meanwhile, place the **basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes** or until the rice is soft. Drain.



4 While the rice is cooking, heat the remaining olive oil in a medium frying pan over a medium-high heat. Cook the **brown onion** for **3-4 minutes**, or until soft. Add the **vegetable curry paste** and cook for a further **1 minute**, or until fragrant. Pour in the **coconut milk** and bring the mixture to the boil. Add the **green beans** and then reduce to a simmer for **10 minutes**, stirring occasionally.

5 Once cooked, combine the eggplant, curry sauce and rice in the saucepan and stir well.



6 To serve, divide the vegetable rice curry between bowls. Top with the fresh **coriander** and **roasted cashews**. Enjoy!

Did you know? An eggplant is almost 95% water.