HELLO FRESH

Southeast Asian Roast Veggie Curry
with Brown Rice & Crushed Peanuts

Brown Rice

Sweet Potato

Carrot

Garlic

Ginger

Lime

Baby Broccoli

Asian Greens

Southeast Asian Spice Blend

Coconut Milk

Long Red Chilli (Optional)

Coriander

Crushed Peanuts

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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

Spicy (optional long red chilli)

Enjoy a bowl of creamy and rich Southeast Asian curry, loaded with nutritious veggies and aromatic spices. With a sprinkling of crushed peanuts to finish it all off, this delicious meal is sure to please!

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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 · Oven tray lined with baking paper · 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
sweet potato	1	2
carrot	1	2
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
lime	½	1
baby broccoli	1 bunch	2 bunches
Asian greens	1 bunch	2 bunches
Southeast Asian spice blend	1 sachet	2 sachets
coconut milk	1 tin (400ml)	2 tins (800ml)
*soy sauce**	2 tsp	1 tbs
*brown sugar**	1 tsp	2 tsp
long red chilli (optional)	½	1
coriander	1 bag	1 bag
crushed peanuts	1 packet	2 packets

**Pantry Items*

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3959kJ (946Cal)	546kJ (130Cal)
Protein (g)	21.7g	3g
Fat, total (g)	50.5g	7g
- saturated (g)	26.4g	3.6g
Carbohydrate (g)	84g	11.6g
- sugars (g)	20g	2.8g
Sodium (mg)	587mg	81mg

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.

1

Cook the brown rice

Preheat the oven to **220°C/200°C fan-forced**. Rinse the **brown rice** well. In a medium saucepan, bring the **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.

2

Roast the veggies

While the rice is cooking, cut the **sweet potato** and **carrot** (both unpeeled) into 1cm chunks. Place the **sweet potato** and **carrot** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper.** Toss to coat, then bake until tender, **20-25 minutes**.

TIP: *Chop the veggies to size so they cook in time.*

3

Get prepped

While the veggies are roasting, finely grate the **garlic** and **ginger.** Zest the **lime** to get a generous pinch, then slice into wedges. Cut the **baby broccoli** into thirds. Roughly chop the **Asian greens**.

4

Start the curry

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **garlic**, **ginger** and **Southeast Asian spice blend** and cook until fragrant, **1 minute**. Add the **coconut milk** and **baby broccoli** and bring to the boil. Simmer until the baby broccoli is tender, **4-5 minutes**. Stir through the **Asian greens** and cook until wilted, **1-2 minutes**.

5

Finish the curry

Stir through the **lime zest**, **soy sauce**, **brown sugar**, a squeeze of **lime juice** and the **roasted veggies.**

6

Serve up

Thinly slice the **long red chilli** (if using). Roughly chop the **coriander**. Divide the brown rice between bowls and top with the Southeast Asian roast veggie curry. Sprinkle with the **crushed peanuts**, coriander and garnish with the red chilli. Serve with any remaining lime wedges.

Enjoy!