



Veggie Thai Yellow Curry & Brown Rice

with Roasted Cashews

Grab your Meal Kit with this symbol



Brown Rice



Brown Onion



Green Beans



Capsicum



Asian Greens



Ginger



Yellow Curry Paste



Coconut Milk



Vegetable Stock



Roasted Cashews

- Hands-on: **20-30mins**
- Ready in: **30-40 mins**
- Spicy (Yellow curry paste)

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

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 · 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
green beans	1 bag (200g)	1 bag (400g)
capsicum	1	2
Asian greens	1 bunch	2 bunches
ginger	1 knob	2 knobs
yellow curry paste	1 tub (25g)	1 tub (50g)
coconut milk	2 boxes (400ml)	2 tins (800ml)
vegetable stock	½ cube	1 cube
soy sauce*	2 tsp	1 tbs
roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3620kJ (864Cal)	618kJ (148Cal)
Protein (g)	18.2g	3.1g
Fat, total (g)	50.1g	8.6g
- saturated (g)	26.2g	4.5g
Carbohydrate (g)	73.0g	12.5g
- sugars (g)	12.8g	2.2g
Sodium (g)	1170mg	199mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



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). Trim and halve the **green beans**. Roughly chop the **capsicum**. Roughly chop the **Asian greens**. Finely grate the **ginger**.



3. Make the curry base

SPICY! The curry paste is spicy so use a little less if you prefer your curry mild. 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**.



4. Add the veggies

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



5. Simmer the curry

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



6. Serve up

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

Enjoy!