



# VEGGIE THAI YELLOW CURRY

with Green Beans & Zucchini



Cook a Thai inspired curry



Jasmine Rice



Brown Onion



Ginger



Green Beans



Zucchini



Yellow Curry Paste



Vegetable Stock



Coconut Milk



Roasted Cashews

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

Spicy (yellow curry paste)

Naturally gluten-free  
*Not suitable for Coeliacs*

Green beans and zucchini are the stars of this rich Thai yellow curry. Cashew nuts and coconut milk add an indulgent touch, but are also great for counteracting the sensational spice!

**Pantry Staples:** Olive Oil, Soy Sauce (or Gluten Free Tamari Soy Sauce)

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fine grater, medium saucepan** with a **lid, large frying pan** and a **wooden spoon**.



## 1 GET PREPPED

Thinly slice the **brown onion** (use **suggested amount**). Finely grate the **ginger**. Trim the ends of the **green beans** and cut in half. Slice the **zucchini** into half-moons.



## 2 COOK THE RICE

In a medium saucepan, bring the **water** (check ingredients list for the amount) to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** Don't lift the lid while the rice is resting so you don't lose any steam!



## 3 MAKE THE CURRY BASE

While the rice is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **brown onion** and cook for **4-5 minutes**, or until softened. Add the **yellow curry paste** (**2 tsp for 2 people / 1 tbs for 4 people**) and **ginger** and cook for **1 minute**, or until fragrant. **TIP:** The curry paste is hot! Feel free to add a little more or less, depending on your taste preference. **TIP:** Frying the curry paste before adding the vegetables allows for a deeper, more intense flavour.



## 4 ADD THE VEGGIES

Add the **green beans** and **zucchini** to the frying pan and cook for **4-5 minutes**, or until softened.



## 5 SIMMER THE CURRY

Pour the **coconut milk** into the pan, crumble in the **vegetable stock** cube (use **suggested amount**) and stir to combine. Bring to the boil, then reduce to a medium heat and cook for **10 minutes**, or until the curry has thickened. Stir through the **soy sauce**.



## 6 SERVE UP

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

ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	½	1
ginger	1 knob	2 knobs
green beans	1 bag	1 bag
zucchini	1	2
jasmine rice	1 packet (¾ cup)	2 packets (1½ cups)
water*	1¼ cups	2½ cups
yellow curry paste	½ tub (1 tbs)	1 tub (2 tbs)
coconut milk	1 tin (400 ml)	2 tins (800 ml)
vegetable stock	½ cube	1 cube
soy sauce* (or gluten free tamari soy sauce)	2 tsp	1 tbs
roasted cashews	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3330kJ (796Cal)	454kJ (108Cal)
Protein (g)	17.3g	2.4g
Fat, total (g)	41.9g	5.7g
- saturated (g)	25.3g	3.4g
Carbohydrate (g)	76.4g	10.4g
- sugars (g)	11.8g	1.6g
Sodium (g)	1170mg	160mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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