



THAI EGGPLANT & BROCCOLI YELLOW CURRY

with Roasted Peanuts



Make a Thai yellow curry!



Eggplant



Broccoli



Asian Greens



Ginger



Coriander



Long Red Chilli
(Optional)



Jasmine Rice



Yellow Curry
Paste



Coconut Milk



Roasted Peanuts

Hands-on: **25 mins**
Ready in: **35 mins**

Spicy (long red chilli,
yellow curry paste)

Naturally gluten-free
Not suitable for Coeliacs

Rich, creamy and lightly spiced, Thai yellow curry is universally popular. Add cubes of roasted eggplant, tender-crisp broccoli and Asian greens to make a delicious veggie curry that'll put a smile on everyone's dial.

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

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- **medium saucepan** with a **lid**
- **large frying pan**



1 ROAST THE EGGPLANT

Preheat the oven to **220°C/200°C fan-forced**. Cut the **eggplant** into 2cm pieces. Place the eggplant on an oven tray lined with baking paper. **Drizzle generously** with **olive oil** and season with a **generous pinch** of **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.



2 PREP THE VEGGIES

While the eggplant is roasting, cut the **broccoli** into small florets and roughly chop the stalk. Roughly chop the **Asian greens**. Thinly slice the **long red chilli** (see **ingredients list**), if using. Roughly chop the **coriander**. Finely grate the **ginger**.



3 COOK THE RICE

In a medium saucepan, bring the **water** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and set aside, covered, until the rice is tender and all the water is absorbed, **10-15 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



4 START THE CURRY

SPICY! *The curry paste is spicy so add even less if you prefer your curry mild.* When the eggplant has **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **broccoli** and cook until slightly softened, **3-4 minutes**. Add the **yellow curry paste** and **ginger** and cook until fragrant, **1-2 minutes**.



5 SIMMER THE CURRY

Add the **coconut milk** and bring to the boil over a high heat. Reduce the heat to medium and simmer until slightly reduced, **2-3 minutes**. Add the **soy sauce**, **Asian greens** and roasted **eggplant** and cook, stirring, until the Asian greens are tender, **1-2 minutes**.



6 SERVE UP

Divide the rice between bowls and top with the Thai eggplant and broccoli yellow curry. Sprinkle with the **roasted peanuts**, chopped coriander and chilli (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
eggplant	1	2
broccoli	1 head	2 heads
Asian greens	1 bunch	2 bunches
long red chilli (optional)	½	1
coriander	1 bag	1 bag
ginger	1 knob	2 knobs
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
yellow curry paste	1 tub (25 g)	2 tubs (50 g)
coconut milk	1 tin (400 ml)	2 tins (800 ml)
soy sauce* (or gluten free tamari soy sauce)	1 tbs	2 tbs
roasted peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3500kJ (836Cal)	552kJ (132Cal)
Protein (g)	22.6g	3.6g
Fat, total (g)	43.8g	6.9g
- saturated (g)	25.3g	4.0g
Carbohydrate (g)	74.6g	11.8g
- sugars (g)	7.9g	1.3g
Sodium (g)	1220mg	193mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK26

