



Thai Sweet Potato & Eggplant Red Curry

with Roasted Cashews & Brown Rice

Grab your Meal Kit with this symbol



Brown Rice



Sweet Potato



Carrot



Eggplant



Brown Onion



Garlic



Makrut Lime Leaves



Baby Spinach Leaves



Thai Red Curry Paste



Coconut Milk



Roasted Cashews

- Hands-on: 20-30 mins
- Ready in: 35-45 mins
- Spicy (Thai red curry paste)

This sweet potato and eggplant curry is a little bit spicy, a little bit salty and totally delicious! It's packed with veggie goodness and sprinkled with roasted cashews for extra flavour and crunch. Dig in!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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 with a lid · 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
eggplant	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
makrut lime leaves	2 leaves	4 leaves
baby spinach leaves	1 bag (60g)	1 bag (120g)
Thai red curry paste	¾ tin	1½ tin
coconut milk	1 tin (400ml)	2 tins (800ml)
soy sauce*	2 tsp	1 tbs
brown sugar*	1 tsp	2 tsp
roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4087kJ (976Cal)	559kJ (133Cal)
Protein (g)	18.9g	2.6g
Fat, total (g)	50.5g	6.9g
- saturated (g)	26.5g	3.6g
Carbohydrate (g)	95.8g	13.1g
- sugars (g)	29.6g	4.1g
Sodium (mg)	1435mg	196mg

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.



Cook the brown rice

Preheat the oven to **220°C/200°C fan-forced**. Rinse the **brown rice**. In a medium saucepan, bring the **rice** and the **water** to the boil. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan.



Roast the veggies

While the brown rice is cooking, chop the **sweet potato** (unpeeled) into 1cm chunks. Chop the **carrot** (unpeeled) into 1cm chunks. Cut the **eggplant** into 2cm chunks. Place the **sweet potato**, **carrot** and **eggplant** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Get prepped

Finely chop the **brown onion**. Finely chop the **garlic**. De-stem then very finely chop the **makrut lime leaves**.



Start the curry

SPICY! *The curry paste is spicy, use less if you're sensitive to heat.* Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic**, **lime leaves** and **Thai red curry paste** (see ingredients) and cook until fragrant, **1 minute**. Add the **coconut milk** and bring to the boil. Simmer on medium heat until thickened, **1-2 minutes**.



Finish the curry

Stir through the **baby spinach leaves**, **soy sauce**, **brown sugar** and **roasted veggies**.



Serve up

Divide the brown rice between bowls and top with the Thai sweet potato and eggplant red curry. Sprinkle with the **roasted cashews**.

Enjoy!