



Veggie Thai Yellow Curry & Brown Rice

with Roasted Cashews

Grab your Meal Kit with this symbol



Brown Rice



Brown Onion



Green Beans



Zucchini



Asian Greens



Ginger



Yellow Curry Paste



Coconut Milk




Vegetable Stock



Roasted Cashews

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

 Spicy (yellow curry paste)

Enjoy a bowl of creamy and rich Thai curry, loaded with colourful veggies and aromatic 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 with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
water* (for the rice)	3 cups	6 cups
brown onion	½	1
green beans	1 bag (200g)	1 bag (400g)
zucchini	1	2
Asian greens	1 bunch	2 bunches
ginger	1 knob	2 knobs
yellow curry paste	1 tub (25g)	1 tub (50g)
coconut milk	1 tin (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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3577kJ (854Cal)	511kJ (122Cal)
Protein (g)	18g	2.6g
Fat, total (g)	49.4g	7.1g
- saturated (g)	26.5g	3.8g
Carbohydrate (g)	70.1g	10g
- sugars (g)	12.9g	1.8g
Sodium (mg)	1210mg	173mg

The quantities provided above are averages only.

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 rice

In a medium saucepan, bring the **brown 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.



Get prepped

While the rice is cooking, thinly slice the **brown onion** (see ingredients). Trim and halve the **green beans**. Cut the **zucchini** into 1cm half-moons. Roughly chop the **Asian greens**. Finely grate the **ginger**.



Start the curry

SPICY! You may find the curry paste hot! Feel free to add a little less, depending on your taste. 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**.



Add the veggies

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



Simmer the curry

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



Serve up

Roughly chop the **roasted cashews**. Divide the rice between bowls and top with the veggie Thai yellow curry. Sprinkle with the cashews to serve.

Enjoy!