



More than Food

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Curried Thai Rice Bowl

with Roasted Eggplant, Mushrooms, and Toasted Cashews

Coconut milk and curry are a perfect match—coconut's mild, creamy flavor balances curry's pungent spices. This rice bowl incorporates velvety roasted eggplant, crunchy cashews, and fluffy basmati rice for the perfect contrast of textures. A touch of lime at the very end brightens up the entire dish.



40 min



level 1



vegan



Basmati Rice



Coconut Milk, light



Button Mushrooms



Eggplant



Scallions



Lime



Curry Powder



Cashew Pieces



Peanut Butter

Ingredients	2 People	4 People
Basmati Rice	¾ C	1 ½ C
Coconut Milk, light	1 can	2 cans
Button Mushrooms	4 oz	8 oz
Eggplant	1	2
Scallions	2	4
Lime	1	2
Curry Powder	1 T	2 T
Cashew Pieces	1) 1 oz	2 oz
Peanut Butter	2) 1 T	2 T
Olive Oil*	1 T + 1 t	2 T + 2 t

*Not Included

Allergens

- 1) Nuts
- 2) Peanuts

Tools

Baking Sheet, Large Pan, Small Pot

Ruler

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Nutrition per person Calories: 688 cal | Carbs: 97 g | Fat: 29 g | Protein: 19 g | Fiber: 16 g | Sodium: 77 mg

Make sure to wash and dry produce before prepping or cooking!



1 Cook the rice: In a small pot, bring **1 ½ cups water** and a large pinch of **salt** to a boil. Once boiling, add the **rice**, cover, and reduce to a simmer for about 15 minutes, until tender. Keep covered until the rest of the meal is ready.

2 Prep the ingredients: While the **rice** cooks, roughly chop the **mushrooms**. Thinly slice the **scallions**, keeping the greens and whites separate. Cut the **eggplant** into ¾-inch cubes. Cut the **lime** into wedges.



3 Roast the eggplant: Toss the **eggplant** on a baking sheet with **1 Tablespoon olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 25-30 minutes, until soft and golden brown.

4 Toast the cashews: Heat a large pan over medium heat. Add the **cashews** to the dry pan and cook, tossing, for 2-3 minutes, until toasted and fragrant. Set aside.



5 Heat a drizzle of **oil** in the same pan over medium heat. Add the **curry powder** and **scallion whites** and cook, stirring constantly, for about 1 minute, until fragrant. Add the **mushrooms** and **½ cup coconut milk** to the pan and bring the mixture to a boil. Once boiling, add **1 Tablespoon peanut butter** to the pan and stir to combine. Simmer for 10 minutes, until the mushrooms are tender. Season with **salt** and **pepper**.



6 Once ready, stir the **roasted eggplant** and **rice** into the pan with the **coconut milk mixture**. Season with **salt** and **pepper**. Finish with a squeeze of **lime**, to taste.

7 Serve the **curried Thai rice bowl** garnished with the **toasted cashews**, **scallion greens**, a **wedge of lime**, and enjoy!