



Cooking Made Easy

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Thai Pork Panang Curry with Sweet Potato and Baby Corn

Though Panang is a mild curry, nutritionally it packs one hell of a punch! Sweet potatoes are full of beta-carotene (good for your eyesight!) and vitamin C, but the really interesting ingredient is Thai Basil. For centuries it's been used in Ayurvedic medicine to ward off everything from headaches, fever, respiratory problems and even anxiety. No wonder it's otherwise known as Holy Basil!



40 min



family box



spicy



gluten free



Brown Rice



Sweet Potato



Salted Peanuts



Thai Basil



Pork Loin



Cornflour



Panang Curry Paste



Coconut Milk



Baby Corn

Ingredients

	2P	4P
Brown Rice	-	300g
Sweet Potato, chopped	-	2
Salted Peanuts 1	-	4 tbsp
Thai Basil	-	1 bunch
Pork Loin	-	1
Cornflour	-	3 tbsp
Panang Curry Paste	-	1½ tbsp
Organic Coconut Milk	-	1 cup
Baby Corn	-	1½ cups

⊕ May feature in another recipe

* Good to have at home

LH Step for little hands

Allergens

1) Peanut

Nutrition per serving: Calories: 721 kcal | Protein: 28 g | Carbs: 180 g | Fat: 31 g | Saturated Fat: 16 g



2

1 Bring a large pot of water to a rapid boil then add ½ tsp of salt. Rinse your brown rice under water then rapidly boil it for around 25 mins. Once the rice is soft enough to eat, drain it and keep it to the side. **Tip:** *You need your water to be rapidly bubbling in order to shorten the cooking time*



3

2 Peel the sweet potato and chop into (roughly) 2cm chunks. Roughly chop the peanuts. Roughly chop 5 tbsp of the Thai basil leaves.



4

3 Chop the pork into wafer thin slices and toss in the cornflour with a pinch of salt and pepper. Heat 2 tbsp of oil in a frying pan on high heat. Once really hot carefully add the pork and brown off for a couple of minutes then remove. **Tip:** *Don't overcrowd the pan as this will stew, rather than brown off, the meat*



5

4 Heat 2 tsp of oil in a non-stick pan on medium heat. Once warm, add the curry paste and cook for a minute to develop the flavour. Once it has become fragrant add in a ⅓ of the coconut milk with just under ½ tsp of salt.

5 Stir in the rest of the coconut milk, rinse out the tin with 4 tbsp of water and add to the pan. Add the sweet potato. Cover with a lid and leave to simmer gently for 15 mins on medium-low heat. You'll add in the baby corn 5 mins before the end.

6 Add in the baby corn and the pork and continue to simmer for 5 mins. The corn should have a little bit of bite left in it when cooked.

7 Stir half the thai basil through the curry along with half the peanuts. Taste for seasoning and add a bit more salt if you need to.

8 Serve the curry on a bed of the brown rice and top with the remaining Thai basil and chopped peanuts.