



BABY CORN AND GREEN BEAN CURRY

with Toasted Cashews and Jasmine Rice

VEGGIE



HELLO

BABY CORN

These little gems are harvested early while corn stalks are still small and immature

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 894



Jasmine Rice



Green Beans,
trimmed



White
Mushrooms



Cilantro



Baby Corn



Coconut Milk



Yellow Curry
Paste



Cashews,
chopped

BUST OUT

- Small Pot
- Measuring Cups
- Strainer
- Large Non-Stick Pan
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Jasmine Rice 1 pkg (170 g)
- Green Beans, trimmed 1 pkg (170 g)
- White Mushrooms 1 pkg (227 g)
- Cilantro 1 pkg (10 g)
- Baby Corn 1 can
- Coconut Milk 1 can
- Yellow Curry Paste 1 pkg (2 tbsp)
- Cashews, chopped 5 1 pkg (28 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

To quickly chop the green beans into smaller pieces, line them up in row and chop them all at once!



1 PREP Wash and dry all produce. In a small pot, bring **1 ½ cups salted water** to a boil. Cut the **green beans** into 1-inch pieces. Cut the **mushrooms** in half (or into quarters if they are large). Drain and rinse the **baby corn**.



2 COOK RICE Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.



3 TOAST CASHEWS Heat a large non-stick pan over medium-high heat. Add the **cashews** to the dry pan. Cook, stirring often, until golden-brown and toasted, 3-4 min. Set aside on a plate. (**TIP:** Keep your eye on them so they don't burn!)



4 COOK CURRY Add a drizzle of **oil** to the same pan, then the **mushrooms**. Cook, stirring often, until golden-brown 7-8 min. Add the **curry paste**, **coconut milk** and **½ cup water**. Cook, stirring occasionally, until the curry slightly thickens, 8-10 min.



5 COOK VEGGIES Add the **green beans** and **baby corn** to the **curry**. Cook, stirring occasionally, until the veggies are tender, 4-5 min. Season with **salt** and **pepper**.



6 FINISH AND SERVE Roughly chop the **cilantro**. Divide the **rice** between plates and top with the **curry**. Sprinkle with **cashews** and cilantro.

YUM!

Let that rice soak up all that tasty coconut sauce.