



Creamy Veg Curry

with Cashews and Fluffy Rice

N° 12

FAMILY Hands on Time: 15 Minutes • Total Time: 35 Minutes • 2 of your 5 a day • Veggie



Red Pepper



Broccoli



Baby Corn



Basmati Rice



Red Onion



Garlic Clove



Cashew Nuts



Korma Spice Mix



Coconut Milk



Vegetable Stock Powder



Honey



Lime

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools you will need:

Baking Tray, Saucepan (with a Lid), Fine Grater (or Garlic Press), Large Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Red Pepper**	1	1½	2
Broccoli**	1	1½	2
Baby Corn**	1 pack	1½ packs	2 packs
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Red Onion**	1	1½	2
Garlic Clove**	2	3	4
Cashew Nuts 2)	1 pot	1 pot	2 pots
Korma Spice Mix 9)	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Water for the Curry Sauce*	100ml	150ml	200ml
Lime	1	1	2

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	601g	100g
Energy (kJ/kcal)	3222 / 770	536 / 128
Fat (g)	33	6
Sat. Fat (g)	19	3
Carbohydrate (g)	93	15
Sugars (g)	24	4
Protein (g)	19	3
Salt (g)	2.23	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 9) Mustard 10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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Packed in the UK



1. Get Prepped

Preheat your oven to 200°C and boil your kettle. Halve the **pepper**, remove the core and seeds thinly slice. Separate the **broccoli** into florets (little trees!). Halve the **baby corn** lengthways. Pop the **pepper** and **broccoli** in a single layer on a baking tray, drizzle with **oil**, a pinch of **salt** and **pepper**. Toss to coat, then roast in your oven until soft and charred, 18-20 mins. Turn the **veg** halfway and add the **baby corn** to roast for the final 9-10 mins.



4. Make the Sauce

Pop your saucepan back on medium-high heat with a drizzle of **oil**. Add the **onion** and cook until softened, 5 mins, stirring occasionally. Once soft, stir in the **garlic** and **korma spice mix**. Cook for 1 minute, then pour in the **coconut milk**, **vegetable stock powder** and **honey**. Pour in the **water** (see ingredient list for amount), bring to the boil, stir to combine and simmer until the **sauce** has thickened, 4-5 mins.



2. Cook the Rice

Meanwhile, pour the boiling **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



5. Finish Off

While the curry cooks, zest the **lime** and chop into wedges. Once the **veg** are tender, remove from the oven and stir into the **sauce**, gently reheating the **sauce** if necessary. Add a squeeze of **lime juice**, then taste and add **salt**, **pepper** and more **lime juice** if you feel it needs it.



3. Finish the Prep

While the rice cooks, halve, peel and thinly slice the **onion**, peel and grate the **garlic** (or use a garlic press). Heat a large saucepan over medium heat (no oil) and add the **cashews**. Toast them, stirring frequently until golden, 2-3 mins. **TIP: Keep an eye on them they burn easily.** Transfer to a bowl.



6. Serve

Fluff up the **rice**, stir in the **lime zest** and spoon into bowls. Top with your **curry**, sprinkling over the **cashew nuts**. Add a **lime wedge** for squeezing over.

Enjoy!