



Sri Lankan-Style Sweet Potato and Green Bean Curry with Basmati Rice

Classic 40 Minutes • Little Heat • 3 of your 5 a day • Plant-Based

21



Onion



Garlic Clove



Ginger



Green Beans



Sweet Potato



Coriander



Basmati Rice



Sri Lankan Curry Powder



Coconut Milk



Peanut Butter



Vegetable Stock Powder



Lime



Cashew Nuts

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Two Saucepans, Lid and Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Ginger**	1 piece	1 piece	2 pieces
Green Beans**	1 small pack	1 large pack	2 small packs
Sweet Potato**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Sri Lankan Curry Powder	1 small pot	1 large pot	1 large pot
Coconut Milk	200ml	300ml	400ml
Water for Sauce*	200g	300g	400g
Peanut Butter 1)	1 pot	1 pot	2 pots
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Lime**	½	1	1
Cashew Nuts 2)	1 small pot	1 large pot	1 large pot

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	517g	100g
Energy (kJ/kcal)	3264 /780	631 /151
Fat (g)	32	6
Sat. Fat (g)	18	3
Carbohydrate (g)	106	20
Sugars (g)	18	4
Protein (g)	17	3
Salt (g)	0.97	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **2)** Nut **10)** Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

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Prep the Veg

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Peel the **ginger** using the edge of a spoon and then grate. Trim the **green beans** and chop into thirds. Peel the **sweet potato** and chop into 1cm cubes, then roughly chop the **coriander** (stalks and all).



Cook the Curry

Add the **coconut milk**, **water** (see ingredients for amount), **peanut butter**, **stock powder** and **sweet potato**, stirring well to combine. Bring to a simmer. Cover with a lid (or some tin foil) and cook until the **sweet potato** is just cooked, 10-15 mins. Stir every few minutes. Add the **green beans** and continue to cook, with the lid on, until the **beans** are tender, 4-5 mins.



Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add 0.25 tsp 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).



Toast the Cashews

Meanwhile, zest and halve your **lime**. Heat a small frying pan over medium heat (no oil) Once hot, add the **cashews** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily.



Start the Curry

Heat a drizzle of **oil** in a saucepan over medium heat. Add the **onion** and cook until soft, 4-5 mins, stirring occasionally, then stir in the **Sri Lankan curry powder**, **garlic** and **ginger** and cook for 1 minute more.



Finish and Serve

Once the **beans** are cooked through, remove the pan from the heat and add a squeeze of **lime juice** to the **curry**. Stir through **three-quarters** of your **coriander**. Season to taste with **salt** and **pepper** if needed. **TIP:** Add a splash of water if it's a bit thick. Fluff up the **rice** with a fork and stir in the **lime zest**. Share the **rice** between your bowls and top with your **sweet potato curry**. Scatter over the **cashews** and the remaining **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.