



Sri Lankan Style Veggie Curry with Coconut Sambol and Basmati Rice

Classic 35 Minutes • Little Spice • 1 of your 5 day • Veggie

20



Carrot



Cauliflower Florets



Basmati Rice



Desiccated Coconut



Mustard Seeds



Garlic Clove



Sri Lankan Curry Powder



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Lime



Red Chilli

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Frying Pan, Bowl, Garlic Press and Zester.

Ingredients

	2P	3P	4P
Carrot**	1	2	2
Cauliflower Florets**	300g	450g	600g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Desiccated Coconut	15g	22g	25g
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	1	2
Sri Lankan Curry Powder	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Sauce*	100ml	200ml	300ml
Lime**	½	1	1
Red Chilli**	1	1	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	445g	100g
Energy (kJ/kcal)	2540 /607	570 /136
Fat (g)	25	6
Sat. Fat (g)	20	4
Carbohydrate (g)	79	18
Sugars (g)	12	3
Protein (g)	13	3
Salt (g)	1.08	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard 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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Roast the Veg

Preheat your oven to 200°C. Trim the **carrot** then halve lengthways (no need to peel). Chop into pieces about 2cm thick and pop onto one half of a baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Roast on the top shelf until golden and tender, 20-25 mins. When the **carrots** have been roasting for 5 mins, add the **cauliflower florets** to the other side of the baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast both **veg** for the remaining 15-20 mins.



Start the Curry

Meanwhile, peel and grate the **garlic** (or use a garlic press). When the **mustard seeds** have finished popping, add the **garlic**, **Sri Lankan curry powder** and **tomato puree** to the pan. Next, add the **coconut milk**, **vegetable stock paste** and **water for the sauce** (see ingredients for amount). Stir to combine, bring to a boil then lower the heat and simmer gently until slightly thickened, 5-6 mins.



Make the Rice

Meanwhile, pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp of salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Make the Sambol

While the **sauce** cooks, zest and halve the **lime**. Halve the **chilli** lengthways, deseed then finely chop. Pop the **lime zest** and **red chilli** (use less if you don't like spice) into the bowl with the **desiccated coconut**. Squeeze in the **juice** from a **quarter** of the **lime**, season with **salt** and mix well to combine. This is your **coconut sambol**, keep it aside for now.



Fry Time

In the meantime, heat a large frying pan on medium heat (no **oil**). Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch it like a hawk as it can burn easily.** Transfer to a bowl and set aside. Heat a splash of **oil** in the (now empty) pan on medium heat. When hot, add the **mustard seeds** and fry until they finish popping, 2-3 mins (don't be alarmed, they will jump a little in the pan!). Stir now and then. Reduce the heat if necessary.



Finish and Serve

Once the **sauce** has thickened, season it with **salt** and **pepper**. Squeeze in the remaining **lime juice**, stirring well to combine. Taste and add more **salt**, **pepper** or **lime juice** if needed. When the **roasted veg** is ready, remove it from the oven and gently stir it through the **sauce**. Divide the **rice** between your bowls. Spoon the **Sri Lankan style veggie curry** over the **rice** and generously sprinkle over the **coconut sambol**.

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.