



JUN
2017

Thai Pork Curry

with Sweet Potato and Baby Corn

This curry packs a real nutritional punch! Sweet potatoes are full of beta-carotene 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.



Pork Tenderloin



Brown Rice



All-Purpose Flour



Sweet Potato



Baby Corn



Coconut Milk



Thai Basil




Red Curry Paste



Peanuts

Ingredients

	2 People	4 People	*Not Included
Pork Tenderloin, strips	1 pkg (340 g)	2 pkg (680 g)	
Brown Rice	1 pkg (170 g)	2 pkg (340 g)	Allergens
All-Purpose Flour	1 pkg (1 tbsp) 1)	2 pkg (2 tbsp)	1) Wheat/Blé
Sweet Potato, cubed	1 pkg (170 g)	2 pkg (340 g)	2) Peanut/Cacahuètes
Baby Corn	1 can	2 cans	3) Seafood/Fruits de mer
Coconut Milk	1 can	2 cans	
Thai Basil	1 pkg (10 g)	1 pkg (10 g)	Tools
Red Curry Paste 	1 pkg (2 tbsp) 3)	2 pkg (4 tbsp)	Strainer, Medium Pot, Measuring
Peanuts, chopped and toasted 2)	1 pkg (28 g)	2 pkg (56 g)	Cups, Large Bowl, Large Non-Stick Pan
Olive or Canola Oil*			

Nutrition per person Calories: 1111 cal | Fat: 52 g | Protein: 53 g | Carbs: 103 g | Fibre: 9 g | Sodium: 1343 mg

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

3



1 Cook the rice: Wash and dry all produce. Rinse the rice in a strainer under cold tap water until the water runs clear. In a medium pot, combine the rice with **2½ cups salted water** (double for 4 people). Bring it to a boil over high heat, then reduce the heat to medium. Cover with a lid and simmer until the rice is tender, 23-25 min. (Drain any liquid from the rice when it's done cooking.)

3



2 Prep and sear the pork: In a large bowl, season the **pork strips** with **salt** and **pepper**. Sprinkle over the **flour**. Toss until coated. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **pork**. Cook until just browned, 1-2 min. (**TIP:** Cook your pork in batches if your pan is too full – this will give your pork a better browning.) Transfer to a plate.

4



3 Start the curry: Add the **sweet potato**, **curry paste**, **coconut milk** and **1 cup water** (double for 4 people) to the pan. Cook, stirring occasionally, until the curry starts to thicken and the sweet potatoes are fork-tender, 10-15 min.

4 Drain and rinse the **baby corn**. Add the baby corn and **pork** to the pan. Cook, stirring occasionally, until the corn is tender, 4-5 min. Season with **salt** and **pepper**.

5 Finish and serve: Divide the **rice** between plates and top with the **Thai pork curry**. Tear over the **basil leaves** and sprinkle with **peanuts**. Enjoy!

COOKING TECHNIQUE: To 'sear' means to cook meat quickly at a high temperature until a brown crust forms on the surface (this browning gives your meat lots of flavour!)

Share your masterpiece! Tag your photos with #HelloFreshLife and share on   

HelloFresh.ca | hello@hellofresh.ca