



# Thai-Style Coconut Chickpea Curry

with Lime Rice

Veggie

35 Minutes



Chickpeas



Basmati Rice



Green Beans



Sweet Bell Pepper



Lime



Basil



Peanuts, chopped



Coconut Milk



Red Curry Paste



Soy Sauce



Vegetable Broth Concentrate



Thai Seasoning

HELLO THAI SEASONING

*A rich blend of lemongrass, coconut and aromatic spices!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Colander, measuring spoons, zester, medium pot, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chickpeas	398 ml	796 ml
Basmati Rice	¾ cup	1 ½ cups
Green Beans	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Lime	1	2
Basil	7 g	7 g
Peanuts, chopped	28 g	56 g
Coconut Milk	400 ml	800 ml
Red Curry Paste	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Vegetable Broth Concentrate	1	2
Thai Seasoning	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## Cook rice

- Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



## Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans, peppers** and **¼ cup water** (same for 4 ppl). Cook, stirring often, until **veggies** start to soften and **water** evaporates, 1 min.
- Add **curry paste** and **Thai Seasoning**. Cook, stirring often, until fragrant, 1 min.
- Remove from heat.



## Prep

- Meanwhile, drain and rinse **chickpeas**, then pat dry with paper towels.
- Trim **green beans**, then cut into 1-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Pick **basil leaves** from stems.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.



## Make curry

- Roughly chop or tear **basil leaves**.
- Add **soy sauce, broth concentrate, coconut milk, chickpeas** and **half the basil** to the pot. Season with **salt** and **pepper**, then stir to combine.
- Return the pot to medium-high. Bring to a simmer.
- Once simmering, reduce heat to medium. Cook, stirring occasionally, until **curry** thickens slightly and **chickpeas** are warmed through, 5-6 min.
- Remove from heat.
- Stir in **½ tsp lime juice** (dbl for 4 ppl).



## Toast peanuts

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **peanuts** to a plate and set aside.



## Finish and serve

- Fluff **rice** with a fork, then stir in **1 tsp lime juice** and **½ tsp lime zest** (dbl both for 4 ppl).
- Divide **rice** between bowls, then top with **chickpea curry**.
- Sprinkle **remaining basil** and **peanuts** over top.
- Squeeze a **lime wedge** over top, if desired.

## Dinner Solved!