



# Thai Green Curry

with Rice Noodles and Peanuts



## HELLO COCONUT

*Coconut water is a workable short-term substitute for human blood plasma and was positively tested as emergency intravenous fluid.*



Chestnut Mushrooms



Folded Rice Noodles



Green Thai Curry Paste



Thai Garnish



Coconut Milk



Vegetable Stock Powder



Green Beans



Lime



Coriander



Salted Peanuts



Spring Onion



Baby Spinach



Soy Sauce

MEAL BAG

- 30 mins
- 2 of your 5 a day
- Veggie

Nourishing, flavour-packed, and bursting with fresh green veg, Chef Jesse has given a classic Thai Green Curry that you're going to love. Our special Thai curry paste gives the dish a brilliant kick of heat, whilst the garnish adds a beautiful layer of texture. Traditionally served with steamed rice, we've done things a little bit differently in this recipe by using noodles instead (they're perfect for mopping up all the sauce!)



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Mixing Bowl, Colander, Measuring Jug, Fine Grater**, and **Ladle**. Now, let's get cooking!



### 1 FRY THE MUSHROOMS

Fill and boil your kettle. Thinly slice the **mushrooms**. Heat a glug of **oil** in a large saucepan over medium heat. When hot, fry the **mushrooms** until starting to brown, stirring regularly, 3-4 mins.



### 2 COOK THE NOODLES

Meanwhile, put the **noodles** in a mixing bowl with a pinch of **salt**. Once your water is boiling, pour it over the **noodles** to completely submerge them. Cover the bowl with a plate. Set aside for 8-10 mins, before draining in a colander and returning the **noodles** to the bowl in cold water to stop them from cooking any more.



### 3 SIMMER THE CURRY

Add the **green Thai curry paste** and **Thai garnish** to the pan with the **mushrooms**. **★ TIP:** Add less if you're not a fan of heat! Cook for 30 seconds, stirring continuously, then pour in the **coconut milk, water** (see ingredients for amount) and **stock powder**. Stir to dissolve the **stock powder**. Bring to the boil, then reduce the heat and simmer until reduced slightly, 6-8 mins.



### 4 GET PREPPED

In the meantime, trim the **green beans** then chop into thirds. Zest the **lime** and cut into wedges. Roughly chop the **coriander** (stalks and all) and the **salted peanuts**. Trim the **spring onion** then slice thinly.



### 5 ADD THE VEGGIES

Once the **curry** has reduced slightly, stir the **green beans** into the pan. Cook until the **green beans** are tender, a further 8-10 mins, then stir in the **spinach** a handful at a time. Cook until just wilted. Drain the **noodles** again in the colander and combine with the curry and heat until piping hot, ensuring they are well coated. **★ TIP:** Add a splash of water if you think the sauce has thickened too much, it should be a soupy consistency.



### 6 FINISHING UP

To finish, stir the **lime zest** and **half** the **coriander** into the **curry** and season to taste with **lime juice** and **soy sauce**. Ladle into deep bowls and sprinkle with the chopped **peanuts**, remaining **coriander** and **spring onion**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chestnut Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Folded Rice Noodles 13)	1 pack	1½ packs	2 packs
Green Thai Curry Paste	1 pot	1½ pots	2 pots
Thai Garnish	1 pot	1 pot	2 pots
Coconut Milk	1 can	1½ cans	2 cans
Water*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Green Beans *	1 small pack	1 large pack	2 small packs
Lime *	1	1	2
Coriander *	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	1 small bag	1 large bag	1 large bag
Spring Onion *	1	2	3
Baby Spinach *	1 small bag	1 small bag	1 large bag
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets

\*Not Included

\*Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 608G	PER 100G
Energy (kcal)	748	123
(kJ)	3128	514
Fat (g)	32	5
Sat. Fat (g)	22	4
Carbohydrate (g)	97	16
Sugars (g)	11	2
Protein (g)	17	3
Salt (g)	4.67	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

1) Peanut 10) Celery 11) Soya 13) Gluten

🧼 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.

### THUMBS UP OR THUMBS DOWN?

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HelloFresh UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

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