



VEGGIE CURRY

with Toasted Cashews and Brown Rice



HELLO CASHEWS

Cashew nuts are grown attached to a 'cashew apple'.



Green Beans



Baby Corn



Closed Cup Mushrooms



Coriander



Brown Rice



Cashew Nuts



Yellow Curry Paste



Coconut Milk

MEAL BAG

35 mins

1.5 of your 5 a day

Little heat

Veggie

We've tried our fair share of curry recipes in the HelloFresh development kitchen, but this stand-out veggie showstopper left us reaching for seconds... and thirds. Packed with vibrant vegetables, topped with fresh coriander and crunchy toasted cashews, and served on a bed of brown rice, it's hard to decide which part we love most about it. For a curry that will nourish you from the inside out, this recipe is a no-brainer.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Sieve** and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of **water** with a pinch of **salt** on to boil for the rice. While it comes to the boil, trim the tops and bottoms from the **green beans**, then cut the **green beans** and the **baby corn** in half. Roughly chop the **mushrooms**. Roughly chop the **coriander** (stalks and all).

2 COOK THE RICE

Add the rice to the pan of boiling **water**. Cook for 25-30 mins, then drain in a sieve, pop back in your pan and cover with a lid. **★ TIP:** *Top up the pan with more water during cooking if it all boils away.*



3 TOAST YOUR NUTS

Put a frying pan on medium-high heat (no **oil!**) and add the **cashew nuts**. Toast them until nicely golden, 3-4 mins. **★ TIP:** *Watch them like a hawk as they can burn easily.* Once toasted, remove from the pan and keep to one side.



4 MAKE THE CURRY

Reduce the heat to medium and add a drizzle of **oil** to your now empty frying pan. Add the **mushrooms**, along with a pinch of **salt** and **pepper**. Stir together and cook until starting to brown, 4-5 mins. Add the **curry paste** and cook for 1 minute more until it becomes fragrant (i.e. you can smell it!). **★ TIP:** *If you prefer a mild curry you can use a little less as this curry paste is quite spicy!*



5 SIMMER

Stir in the **coconut milk**, reduce the heat to medium-low and leave to simmer gently for 15 mins. Once the curry has cooked for 15 mins, add in the **green beans** and **baby corn**. Continue to simmer for 5 mins. Both should have a little bit of bite left in them when they are cooked. Stir in **three-quarters** of the **coriander**.



6 FINISH AND SERVE

Serve the **veggie curry** on a bed of **brown rice** with the **cashew nuts** and remaining **coriander** sprinkled on top. **Enjoy!**

2 PEOPLE INGREDIENTS

Green Beans, halved	½ pack
Baby Corn, halved	1 pack
Closed Cup Mushrooms, chopped	1 punnet
Coriander, chopped	½ bunch
Brown Rice	150g
Cashew Nuts 2)	15g
Yellow Curry Paste	½ tbsps
Coconut Milk	400ml

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 438G	PER 100G
Energy (kcal)	793	181
(kJ)	3316	756
Fat (g)	49	11
Sat. Fat (g)	36	8
Carbohydrate (g)	70	16
Sugars (g)	9	2
Protein (g)	16	4
Salt (g)	1.00	0.23

ALLERGENS

2) Nut

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK