



Spicy Thai Veggie Curry

with fragrant jasmine rice

Veggie Calorie Smart 35-40 mins • Spicy

14



Cauliflower



Thai Style Spice Mix



Jasmine Rice



Bell Pepper



Pak Choi



Lime



Coriander



Red Thai Style Paste



Coconut Milk



Chilli

Pantry Items: Oil, Salt, Pepper, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, pot with lid, zester

Ingredients

| | 2P | 4P |
|----------------------|----------|-----------|
| Cauliflower | 1 unit | 2 units |
| Thai Style Spice Mix | 1 sachet | 2 sachets |
| Jasmine Rice | 150 g | 300 g |
| Bell Pepper | 1 unit | 2 units |
| Pak Choi | 1 unit | 2 units |
| Lime | ½ unit | 1 unit |
| Coriander | 5 g | 10 g |
| Red Thai Style Paste | 1 sachet | 2 sachets |
| Coconut Milk | 1 pack | 2 packs |
| Chilli | 1 unit | 2 units |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|----------------------|---------------------|
| for uncooked ingredients | 538.5 g | 100 g |
| Energy (kJ/kcal) | 2289 kJ/ 547 kcal | 425 kJ/ 102 kcal |
| Fat (g) | 18.6 g | 3.4 g |
| Sat. Fat (g) | 14.8 g | 2.7 g |
| Carbohydrate (g) | 83.7 g | 15.6 g |
| Sugars (g) | 14.2 g | 2.6 g |
| Protein (g) | 14.3 g | 2.6 g |
| Salt (g) | 2.5 g | 0.5 g |

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Roast the Cauliflower

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Cut the **cauliflower** into florets (like small trees). Halve any large florets.
- Pop the **cauliflower** onto a lined baking tray.
- Toss with **Thai style spice mix, salt, pepper** and a drizzle of **oil**.
- Spread out in a single layer and roast on the top shelf until soft and golden, 15-20 mins.



Start the Curry

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **pepper** until it begins to soften and colour, 4-5 mins.
- Add the **red Thai paste**, stir to coat and cook until fragrant, 1 min.
- Add the **pak choi** along with the **coconut milk** and 75ml **water** (double for 4p).
- Bring to the boil then reduce the heat to medium-low.



Cook the Rice

- Meanwhile, add 300ml cold, **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover and cook for 12 mins.
- Remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add Some Flavour

- Let the curry simmer until the **pepper** is tender, 4-5 mins.
- When the **cauliflower** is ready, add it to the curry and stir to coat in the sauce.
- Remove from the heat and season to taste with **salt, pepper** and a squeeze of **lime** juice.
- Fluff up the **rice** and stir in the **lime** zest and **half** the **coriander**.



Time to Prep

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Trim the **pak choi**. Separate the leaves and quarter widthways into roughly 2cm chunks.
- Zest **half** the **lime** (double for 4p) then cut into thick wedges.
- Roughly chop the **coriander** (stalks and all).
- Thinly slice the **chilli**.



Divide and Serve

- Share the **rice** between bowls and top with the fragrant curry.
- Finish with a sprinkle of fresh **chilli** and the remaining **coriander**.
- Serve the remaining **lime** wedges alongside for squeezing over.

Enjoy!