



# Thai Coconut and Sweet Potato Curry

with baby corn and coriander

Veggie Calorie Smart 30 – 35 mins • Spicy

10



Jasmine Rice



Red Thai Style Paste



Coconut Milk



Sweet Potato



Coriander



Baby Corn



Ginger



Lime



Thai Style Spice Mix



Chilli

Pantry Items: Oil, Water, Salt, Pepper



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## 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, grater, pot with lid, zester

## Ingredients

	2P	4P
Jasmine Rice	150 g	300 g
Red Thai Style Paste	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Sweet Potato	1 unit	2 units
Coriander	5 g	10 g
Baby Corn	150 g	300 g
Ginger	1 unit	2 units
Lime	1 unit	2 units
Thai Style Spice Mix	1 sachet	2 sachets
Chilli	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>442.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2569 kJ/ 614 kcal	580.6 kJ/ 138.8 kcal
Fat (g)	18.6 g	4.2 g
Sat. Fat (g)	14.8 g	3.3 g
Carbohydrate (g)	100.4 g	22.7 g
Sugars (g)	13.2 g	3 g
Protein (g)	12.2 g	2.8 g
Salt (g)	2.5 g	0.6 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.

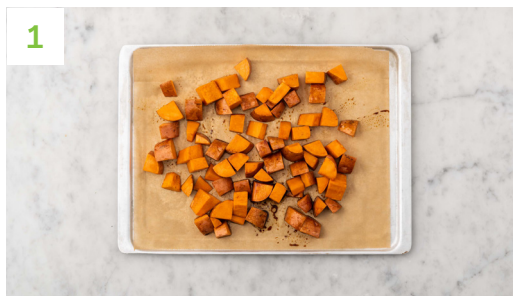
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### Roast the Sweet potato

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 2cm chunks (peeling optional).
- Add the **sweet potato** to a large (lined) baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 20-30 mins. Turn the tray halfway through.



### Start the Curry

- When the **sweet potato** has been cooking for 20 mins, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **baby corn** and stir-fry until softened, 3-4 mins. Season with **salt** and **pepper**.
- Add the **Thai spice, ginger** and **chilli** (use less if you don't like spice) and fry until fragrant, 1 min.
- Pop in the **red Thai paste, coconut milk** and 50ml **water** (double for 4p). Simmer for 2-3 mins.



### Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into 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 with the lid 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).



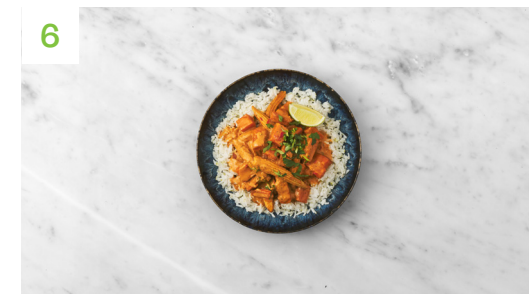
### Finishing Touches

- Stir the roasted **sweet potato** through the curry.
- Add a squeeze of **lime** juice.
- Stir in a splash of **water** if the curry is too thick.
- Season to taste with **salt, pepper** and more **lime** juice if desired.



### Get Prepped

- Peel and grate the **ginger**. Use a teaspoon to easily scrape away the peel.
- Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Halve the **baby corn** lengthways. Zest and quarter the **lime**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



### Garnish and Serve

- Mix the **lime** zest into the **rice**, fluffing it up as you go.
- Divide the **rice** between bowls and top with the **sweet potato** curry.
- Finish with a sprinkling of **coriander**.
- Serve any remaining **lime** wedges alongside for squeezing over.

Enjoy!