HELLO FRESH

Coconut Courgette Curry
with mushrooms and rice

Veggie   35 − 40 mins

7

Carrot

Scallion

Garlic

Cashew Nuts

Courgette

Rice

Lime

Coconut Milk

Garlic, Ginger & Lemongrass Paste

Korma Curry Paste

Mushrooms

Pantry Items: Salt, Pepper, Oil, 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

Grater, pot with lid, zester

Ingredients

	2P	4P
Carrot	1 unit	2 units
Scallion	2 units	4 units
Garlic	1 unit	2 units
Cashew Nuts	10 g	20 g
Courgette	1 unit	2 units
Rice	150 g	300 g
Lime	1 unit	2 units
Coconut Milk	1 pack	2 packs
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Korma Curry Paste	1 sachet	2 sachets
Mushrooms	150 g	250 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	518 g	100 g
Energy (kJ/kcal)	2464.4 kJ/ 589 kcal	475.7 kJ/ 113.7 kcal
Fat (g)	22.9 g	4.4 g
Sat. Fat (g)	15.6 g	3 g
Carbohydrate (g)	87 g	16.8 g
Sugars (g)	13.8 g	2.7 g
Protein (g)	14.4 g	2.8 g
Salt (g)	2.1 g	0.4 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.

1

Make 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 and cover with the lid.
- Leave to cook for 10 mins.
- Remove from the heat and keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).
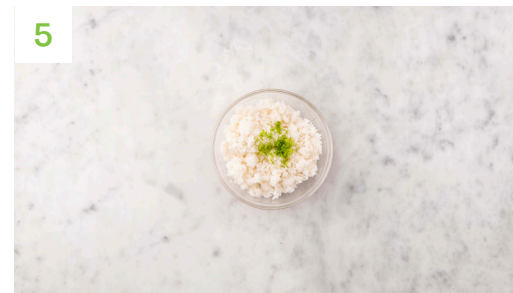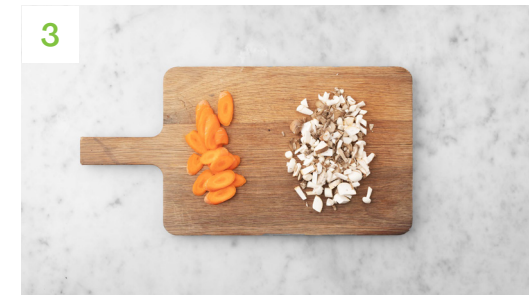
2

Get Prepped

- Meanwhile, trim the **courgette** and halve lengthways. Slice widthways into 1cm thick semicircles.
- Trim the **scallion** and thinly slice, keeping the green and white portions separate.
- Peel and grate the **garlic** (or use a garlic press).
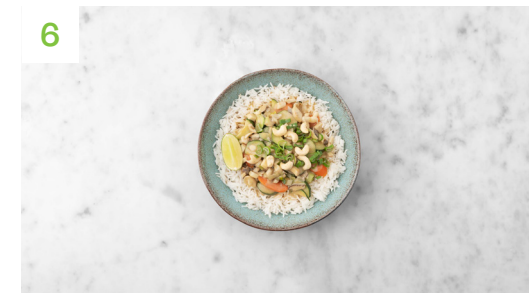- Zest and quarter the **lime**.

3

Chop the Veg

- Trim the **carrot** then cut widthways at an angle into thin slices (no need to peel).
- Roughly chop the **mushrooms**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.

4

Start the Sauce

- Place a pan over medium heat with a drizzle of **oil**.
- Once hot, fry the white portion of the **scallion**, **garlic**, **carrots**, **courgette** and **mushrooms** until softened, 2-3 mins.
- Stir in the **korma paste**, **coconut milk** and **lemongrass paste**.
- Reduce the heat and simmer until the veg is tender, 8-10 mins.

TIP: *Add a splash of water to loosen the sauce if it becomes too thick.*

5

Finishing Touches

- When everything is ready, squeeze the juice of **half** the **lime** wedges into the curry.
- Season to taste with **salt** and **pepper**.
- Stir the **lime** zest into the **rice**, fluffing it up as you go.

6

Garnish and Serve

- Divide the **rice** between plates.
- Top with the creamy **courgette** curry.
- Sprinkle with **cashews** and sliced green **scallion**.
- Serve any remaining **lime** wedges alongside.

Enjoy!