



Spicy Thai Broccoli Curry

with coriander and fragrant jasmine rice

Veggie Calorie Smart 35 – 40 mins • Spicy

10



Thai Style Spice Mix



Jasmine Rice



Bell Pepper



Pak Choi



Lime



Coriander



Red Thai Style Paste



Coconut Milk



Chilli



Stock



Broccoli

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 |
|----------------------|-----------|-----------|
| Thai Style Spice Mix | 2 sachets | 4 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 |
| Stock | 1 sachet | 2 sachets |
| Broccoli | 1 unit | 1 unit |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|------------------------|-----------------------|
| for uncooked ingredients | 495.5 g | 100 g |
| Energy (kJ/kcal) | 2322.1 kJ/ 555 kcal | 468.6 kJ/ 112 kcal |
| Fat (g) | 19.3 g | 3.9 g |
| Sat. Fat (g) | 14.6 g | 2.9 g |
| Carbohydrate (g) | 85.3 g | 17.2 g |
| Sugars (g) | 12.4 g | 2.5 g |
| Protein (g) | 16.1 g | 3.2 g |
| Salt (g) | 3.7 g | 0.7 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 Broccoli

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Pop the onto a lined baking tray.
- Toss with **half** the **Thai style spice, salt, pepper** and a drizzle of **oil**.
- Spread out in a single layer and roast on the top shelf until soft and golden, 10-15 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 remaining **Thai spice** and the **red Thai paste**. Stir to coat and cook until fragrant, 1 min.
- Add the **pak choi** along with the **coconut milk** and **stock**.
- 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).



Finishing Touches

- Let the curry simmer until the **pepper** is tender, 4-5 mins. Loosen with a splash of **water** if necessary.
- When the **broccoli** 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**.



Get Prepped

- 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**. Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



Garnish 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!