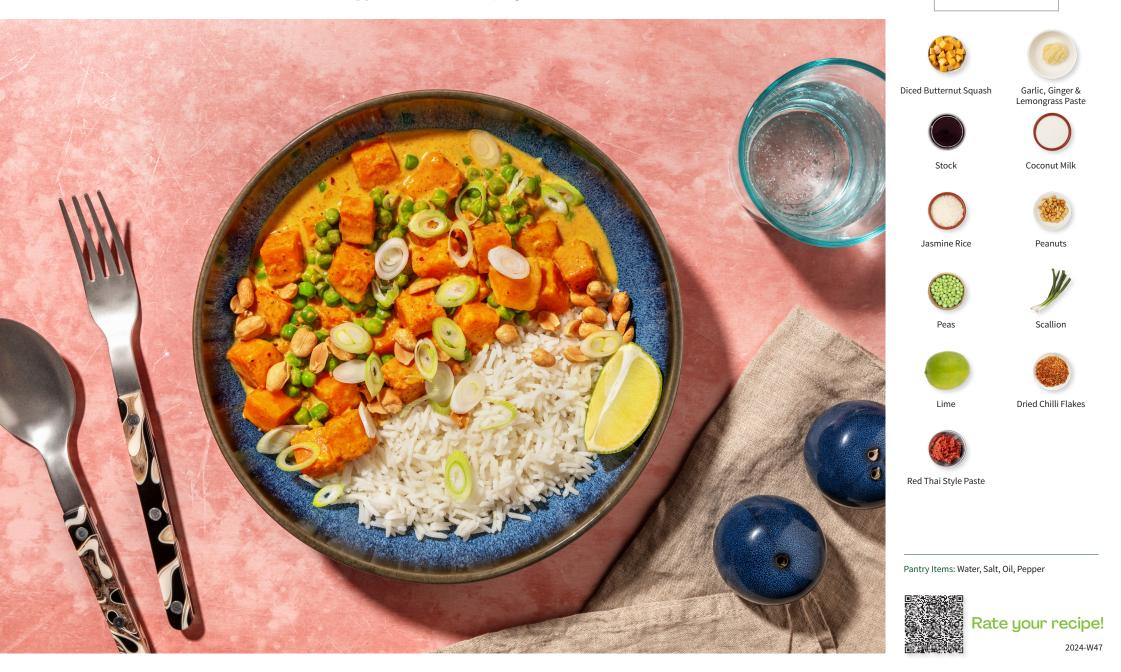


Butternut Thai Curry with rice and crunchy peanuts

20 – 25 mins • Veggie • Eat me first • Spicy



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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 Pan with lid, pot with lid

Ingredients

2P	4P
300 g	600 g
1 sachet	2 sachets
1 sachet	2 sachets
1 pack	2 packs
150 g	300 g
20 g	40 g
120 g	240 g
1 unit	2 units
1 unit	2 units
2 sachets	4 sachets
1 sachet	2 sachets
	300 g 1 sachet 1 sachet 1 pack 150 g 20 g 120 g 1 unit 1 unit 2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	464 g	100 g
Energy (kJ/kcal)	2644.3 kJ/ 632 kcal	569.9 kJ/ 136.2 kcal
Fat (g)	24.5 g	5.3 g
Sat. Fat (g)	15.7 g	3.4 g
Carbohydrate (g)	89.5 g	19.3 g
Sugars (g)	14.4 g	3.1 g
Protein (g)	16.4 g	3.5 g
Salt (g)	3.8 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Cook the Rice

- Pour 300ml cold **salted water** (per 2P) 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.
- Once cooked, remove the pot from the heat.
- Set aside for 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Get Prepped

- Trim and thinly slice the **scallion**. Quarter the **lime**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **butternut** until just golden, 5-6 mins.



Simmer the Curry

- Add the **lemongrass paste** and fry until fragrant, 2-3 mins.
- Stir in coconut milk, stock, red Thai paste, chilli flakes (use less if you don't like spice) and 75ml water (per 2P).
- Cover and simmer until the **butternut** is softened, 8-10 mins. When there's 1 min of cooking time left, add the **peas** and allow to warm through.
- Season to taste with **salt** and **pepper**. Add a splash of **water** if you feel it's too thick.



Dish Up

- Divide the fragrant **rice** and curry between deep plates or bowls.
- Scatter sliced **scallion** and **peanuts** over the top.
- Finish off with a squeeze of lime juice.
- Serve any remaining **lime** wedges alongside.

Enjoy!