



Coconut Courgette Curry

with mushrooms and rice

35 – 40 mins • Veggie

24



Carrot



Scallion



Garlic



Cashew Nuts



Courgette



Rice



Lime



Coconut Milk



Garlic, Ginger & Lemongrass Paste



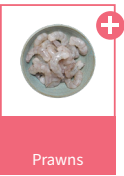
Korma Curry Paste



Mushrooms



Salmon Fillet



Prawns



Diced Chicken Breast

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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

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	300 g
Salmon Fillet	200 g	400 g
Prawns	150 g	300 g
Diced Chicken Breast	260 g	520 g

Nutrition

Uncooked ingredients	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	498 kJ/ 119 kcal	569 KJ/ 136 kcal	467 KJ/ 112 kcal	489 KJ/ 117 kcal
Fat (g)	5 g	6.8 g	4.4 g	4.2 g
Sat. Fat (g)	3.1 g	3.1 g	2.7 g	2.5 g
Carbohydrate (g)	16.8 g	14.1 g	14.7 g	13.4 g
Sugars (g)	2.7 g	2.3 g	2.4 g	2.2 g
Protein (g)	2.8 g	5.6 g	4.2 g	7 g
Salt (g)	0.4 g	0.3 g	0.5 g	0.3 g

See site or app for detailed nutritional info.

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

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1 Make 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 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).



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.

CUSTOM OPTIONS

+ SALMON FILLET

Adding salmon? Place the fillets on top of the curry after adding korma paste and coconut milk, cover and simmer, 6-8 mins.



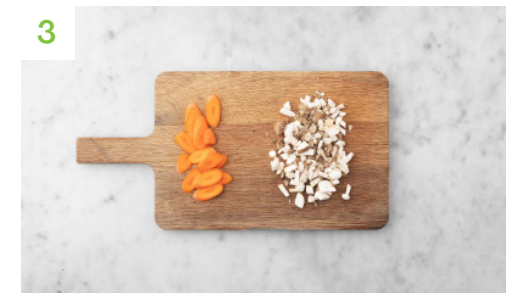
2 Get Prepped

- 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**.



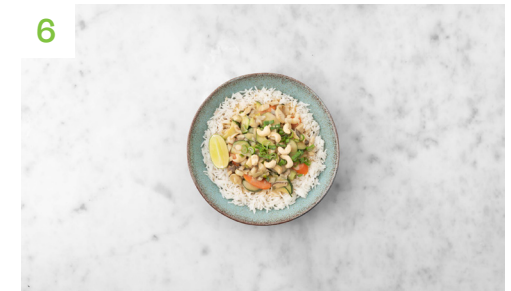
5 Finishing Touches

- 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.



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.



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!

+ DICED CHICKEN BREAST

Adding chicken? Add to the pan before the carrot and courgette, season with salt and pepper and cook for 5-6 mins. Add the veg and cook as instructed.

+ PRAWNS

Adding prawns? Add prawns to the pan along with carrot and courgette and fry until cooked through, 4-5 mins.