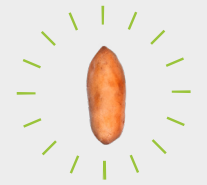




MILD SWEET POTATO & COCONUT CURRY

with Brown Rice



Add roasted vegetables to your curry



Brown Rice



Sweet Potato



Capsicum



Peeled & Chopped Pumpkin



Red Onion



Garlic



Long Red Chilli (Optional)



Brown Mustard Seeds



Mild North Indian Spice Blend



Coconut Cream



Vegetable Stock



Baby Spinach Leaves



Lime



Roasted Cashews

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long red chilli)

Rich, creamy and aromatic – this mild curry has all the elements that make Indian food so irresistible. With roasted sweet potato, capsicum and pumpkin, it's a simple, yet flavourful meal that truly delivers.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** with a **lid** • **oven tray** lined with **baking paper** • **large frying pan**



1 COOK THE RICE

Preheat the oven to **240°C/220°C fan-forced**. In a medium saucepan, bring the **brown rice** and the **water (for the rice)** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is tender, **25-30 minutes**. Drain and return to the saucepan.



2 ROAST THE VEGGIES

While the rice is cooking, cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **capsicum** into thin strips. Place the **sweet potato, capsicum** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20 minutes**. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



3 GET PREPPED

While the veggies are roasting, thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **long red chilli** (if using).



4 START THE CURRY

In a large frying pan, melt the **butter** with a **drizzle** of **olive oil** over a medium-high heat. Add the **brown mustard seeds** and cook, stirring, until they start to pop, **1 minute**. Add the **onion** and cook until softened, **4-5 minutes**. Add the **garlic** and **mild North Indian spice blend** and cook until fragrant, **1 minute**.



5 FINISH THE CURRY

Add the **coconut cream** and **water (for the curry)** to the pan and crumble in the **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Simmer until thickened, **5 minutes**. Stir through the **roasted vegetables** and **baby spinach leaves** until the spinach is wilted, **2 minutes**. Cut the **lime (see ingredients list)** into wedges. Season the curry with **lime juice, salt** and **pepper** to taste.



6 SERVE UP

Divide the brown rice between bowls and top with the sweet potato and coconut curry. Garnish with the **roasted cashews** and chilli (if using). Serve with any remaining lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
water* (for the rice)	3 cups	6 cups
sweet potato	1	2
capsicum	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
red onion	1	2
garlic	2 cloves	4 cloves
long red chilli (optional)	1	2
butter*	20g	40g
brown mustard seeds	1 sachet	2 sachets
mild North Indian spice blend	1 sachet	2 sachets
coconut cream	1 box (200ml)	2 boxes (400ml)
water* (for the curry)	½ cup	1 cup
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)
lime	½	1
roasted cashews	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3890kJ (930Cal)	620kJ (148Cal)
Protein (g)	21.4g	3.4g
Fat, total (g)	47.9g	7.6g
- saturated (g)	33.2g	5.3g
Carbohydrate (g)	97.2g	15.5g
- sugars (g)	26.9g	4.3g
Sodium (g)	571mg	91mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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