



EGGPLANT & KUMARA THAI GREEN CURRY

with Makrut Lime Rice



Use eggplant in a curry



Makrut Lime Leaves



Jasmine Rice



Kumara



Eggplant



Broccoli



Thai Green Curry Paste



Coconut Milk



Lemon



Crispy Shallots

Hands-on: **20** mins
Ready in: **30** mins
Spicy (Thai green curry paste)

With its gentle warming heat and colourful veggies, a rich and creamy Thai curry is a favourite meal for good reason! Whip up this version with eggplant, broccoli and kumara, plus aromatic rice made with makrut lime leaves and embrace a modern classic.

Pantry Staples: Olive Oil, Soy Sauce

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** • **large frying pan** with a **lid**



1 COOK THE MAKRUT LIME RICE

In a medium saucepan, bring the **water** to the boil. Scrunch the **makrut lime leaves** in your hands, then add to the water along with the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and set aside, covered, until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



2 PREP THE VEGGIES

While the rice is cooking, cut the **kumara** (unpeeled) into 1cm cubes. Cut the **eggplant** into 1cm cubes. Cut the **broccoli** into small florets and roughly chop the stalk. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



3 START THE CURRY

SPICY! The curry paste is spicy, use a little less if you're sensitive to heat. In a large frying pan, heat a **good drizzle of olive oil** over a high heat. When the oil is hot, add the **kumara** and **eggplant** and cook until softened, **5 minutes**. Reduce the heat to medium and add the **Thai green curry paste** (see ingredients list) and cook, stirring, until fragrant, **1 minute**.



4 SIMMER THE CURRY

Add the **coconut milk** and bring to a simmer. Cover the pan with a lid or foil and simmer until the kumara is soft, **10-12 minutes**. In the last **5 minutes** of cook time, add the **broccoli** and cook until tender.



5 PREP THE TOPPINGS

While the curry is simmering, slice the **lemon** (see ingredients list) into wedges. Stir the **soy sauce** and a **squeeze of lemon juice** through the curry.



6 SERVE UP

Remove the makrut lime leaves from the rice. Divide the infused rice and eggplant and kumara curry between bowls. Serve with the remaining lemon wedges and sprinkle with the **crispy shallots**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
makrut lime leaves	2 leaves	4 leaves
jasmine rice	1 packet	2 packets
kumara	1 (medium)	1 (large)
eggplant	1	2
broccoli	1 head	2 heads
Thai green curry paste	¾ tin (95g)	1½ tins (190g)
coconut milk	1 tin (400ml)	2 tins (800ml)
lemon	½	1
soy sauce*	1 tsp	2 tsp
crispy shallots	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3670kJ (878Cal)	534kJ (128Cal)
Protein (g)	20.4g	3.0g
Fat, total (g)	40.9g	5.9g
- saturated (g)	26.0g	3.8g
Carbohydrate (g)	93.5g	13.6g
- sugars (g)	18.8g	2.7g
Sodium (g)	1250mg	181mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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