VEGGIE CURRY
with Toasted Cashews and Brown Rice

We’ve tried our fair share of curry recipes in the HelloFresh development kitchen, but this stand-out veggie showstopper left us reaching for seconds... and thirds. Packed with vibrant vegetables, topped with fresh coriander and crunchy toasted cashews, and served on a bed of brown rice, it’s hard to decide which part we love most about it. For a curry that will nourish you from the inside out, this recipe is a no-brainer.

HELLO CASHEWS
Cashew nuts are grown attached to a ‘cashew apple’.
DO THE PREP
Put a large saucepan of water with a pinch of salt on to boil for the rice. While it comes to the boil, trim the tops and bottoms from the green beans, then cut the green beans and the baby corn in half. Roughly chop the mushrooms. Roughly chop the coriander (stalks and all).

COOK THE RICE
Add the rice to the pan of boiling water. Cook for 25-30 mins, then drain in a sieve, pop back in your pan and cover with a lid.

TIP: Top up the pan with more water during cooking if it all boils away.

TOAST YOUR NUTS
Put a frying pan on medium-high heat (no oil!) and add the cashew nuts. Toast them until nicely golden, 3-4 mins.

TIP: Watch them like a hawk as they can burn easily. Once toasted, remove from the pan and keep to one side.

MAKE THE CURRY
Reduce the heat to medium and add a drizzle of oil to your now empty frying pan. Add the mushrooms, along with a pinch of salt and pepper. Stir together and cook until starting to brown, 4-5 mins. Add the curry paste and cook for 1 minute more until it becomes fragrant (i.e. you can smell it!).

TIP: If you prefer a mild curry you can use a little less as this curry paste is quite spicy!

SIMMER
Stir in the coconut milk, reduce the heat to medium-low and leave to simmer gently for 15 mins. Once the curry has cooked for 15 mins, add in the green beans and baby corn. Continue to simmer for 5 mins. Both should have a little bit of bite left in them when they are cooked. Stir in three-quarters of the coriander.

FINISH AND SERVE
Serve the veggie curry on a bed of brown rice with the cashew nuts and remaining coriander sprinkled on top. Enjoy!