



Creamy Pea Curry with spinach and cannellini beans

Veggie Quick Cook 20-25 mins • Spicy

8



Garlic



Ginger



Rice



Coconut Milk



Cherry Tomatoes



Cannellini Beans



Peas



Baby Spinach



Vegetable Stock



Red Thai Style Paste



Ketjap Manis



Leek

Pantry Items: Oil, Salt, Pepper, 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.

Cooking tools you will need

Grater, pot with lid, sieve

Ingredients

| | 2P | 4P |
|----------------------|-----------|-----------|
| Garlic | 2 units | 4 units |
| Ginger | 1 unit | 2 units |
| Rice | 150 g | 300 g |
| Coconut Milk | 1 pack | 2 packs |
| Cherry Tomatoes | 125 g | 250 g |
| Cannellini Beans | 1 pack | 2 packs |
| Peas | 120 g | 240 g |
| Baby Spinach | 60 g | 120 g |
| Vegetable Stock | 2 sachets | 4 sachets |
| Red Thai Style Paste | 1 sachet | 2 sachets |
| Ketjap Manis | 2 sachets | 4 sachets |
| Leek | 1 unit | 2 units |

Nutrition

| | Per serving | Per 100g |
|--------------------------|------------------------|-------------------------|
| for uncooked ingredients | 674 g | 100 g |
| Energy (kJ/kcal) | 3313.7 kJ/ 792 kcal | 491.7 kJ/ 117.5 kcal |
| Fat (g) | 19.4 g | 2.9 g |
| Sat. Fat (g) | 14.8 g | 2.2 g |
| Carbohydrate (g) | 121.2 g | 18 g |
| Sugars (g) | 23.7 g | 3.5 g |
| Protein (g) | 26.3 g | 3.9 g |
| Salt (g) | 7.8 g | 1.2 g |

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

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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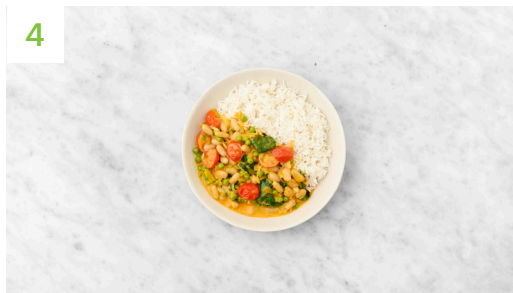


You can recycle me!



Make the Rice

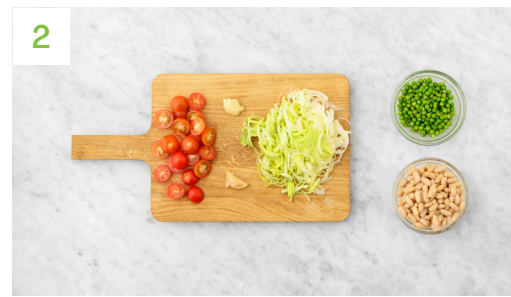
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Once cooked, remove from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish and Serve

- Season the curry to taste with **salt** and **pepper**. Add a splash of **water** if you feel it's too thick.
- Fluff up the **rice** with a fork and divide between bowls.
- Spoon the fragrant curry over the top.

Enjoy!



Prep the Veg

- Meanwhile, trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice.
- Peel and grate the **ginger** (use a teaspoon to easily scrape away the peel).
- Peel and grate the **garlic**.
- Halve the **cherry tomatoes**.
- Drain the **cannellini beans** in a sieve.



Simmer the Sauce

- Place a large pan over medium heat with a drizzle of **oil**.
- Once hot, fry the **garlic**, **leek** and **ginger** for 2 mins. Add the **red Thai paste** and cook for 1 min more.
- Stir in **stock powder**, 50ml **water** (double for 4p), **coconut milk** and **ketjap manis**. Simmer for 4-5 mins.
- Add **tomatoes** and **peas**. Simmer until softened, another 5 mins.
- Add the **cannellini beans** and **spinach** and cook until **spinach** is wilted, 1-2 mins.