



Creamy Pea Curry

with spinach and cannellini beans

Veggie Quick Cook 20 – 25 mins • Spicy

21



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	1 sachet	2 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	675 g	100 g
Energy (kJ/kcal)	3326 kJ/ 795 kcal	493 kJ/ 118 kcal
Fat (g)	19.6 g	2.9 g
Sat. Fat (g)	14.8 g	2.2 g
Carbohydrate (g)	121 g	17.9 g
Sugars (g)	23.6 g	3.5 g
Protein (g)	26.7 g	4 g
Salt (g)	6.9 g	1 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.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

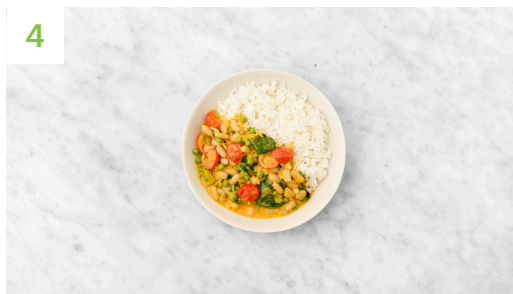


You can recycle me!



Make the Rice

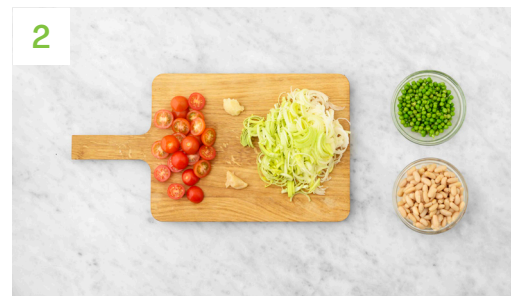
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Once cooked, remove from the heat.
- Keep covered for another 10 mins or until ready to 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 widthways.
- 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.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



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**, 50ml **water** (double for 4p), **coconut milk** and **ketjap manis**. Simmer for 4-5 mins.
- Add the **tomatoes** and **peas**. Simmer until softened, 5 mins more.
- Add the **cannellini beans** and **spinach** and cook until **spinach** is wilted, 1-2 mins.