



# Coconut Courgette Curry with mushrooms and lemongrass rice

Veggie Calorie Smart 35-40 mins

10



Carrot



Scallion



Garlic



Cashew Nuts



Courgette



Rice



Lime



Coconut Milk



Lemongrass



Korma Curry Paste



Exotic Mushroom Mix

Pantry Items: Salt, Pepper, Oil, Water

## 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, zester

## Ingredients

	2P	4P
Carrot	1 unit	2 units
Scallion	2 units	4 units
Garlic	1 unit	2 units
Cashew Nuts	20 g	40 g
Courgette	1 unit	2 units
Rice	150 g	300 g
Lime	1 unit	2 units
Coconut Milk	1 pack	2 packs
Lemongrass	20 g	40 g
Korma Curry Paste	1 sachet	2 sachets
Exotic Mushroom Mix	125 g	250 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	528 g	100 g
Energy (kJ/kcal)	2594.1 kJ/ 620 kcal	491.3 kJ/ 117.4 kcal
Fat (g)	25.1 g	4.8 g
Sat. Fat (g)	15.9 g	3 g
Carbohydrate (g)	88 g	16.7 g
Sugars (g)	12.6 g	2.4 g
Protein (g)	14.5 g	2.7 g
Salt (g)	1.5 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



### Make the Lemongrass Rice

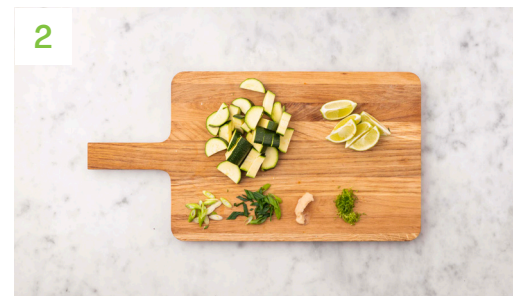
- Halve the **lemongrass** lengthways.
- Add 300ml cold **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and **half** the **lemongrass**. Bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid. Leave to cook for 10 mins.
- Remove from the heat and leave aside for another 10 mins or until ready to serve (keep covered so the rice can continue to cook in its own steam).



### Start the Sauce

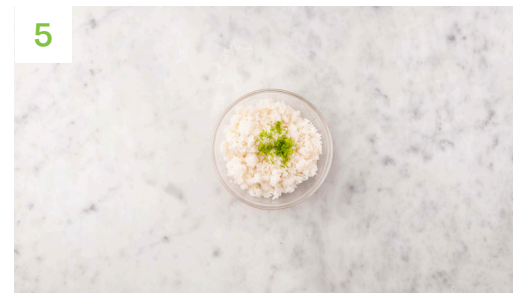
- Place a pan over medium heat with a drizzle of **oil**.
- Once hot, add the white portion of the **scallion**, **garlic**, **carrots**, **courgette** and **mushrooms**. Fry for 2-3 mins.
- Add the **korma paste** and remaining **lemongrass** along with the **coconut milk**.
- Reduce the heat and simmer until the veg is tender, 8-10 mins.

**TIP:** Add a splash of water to loosen the sauce if necessary.



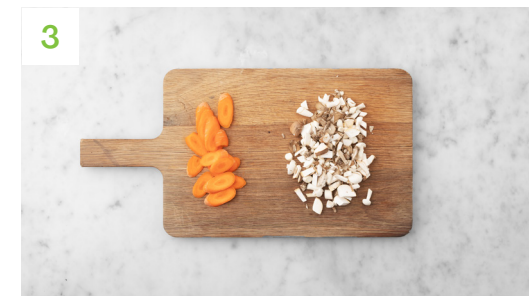
### Get Prepped

- Meanwhile, trim the **courgette** and halve lengthways. Slice widthways into 1cm half-moons.
- Trim the **scallion** and thinly slice. Separate the green and white portions.
- Peel and grate the **garlic** (or use a garlic press).
- Zest then quarter the **lime**.



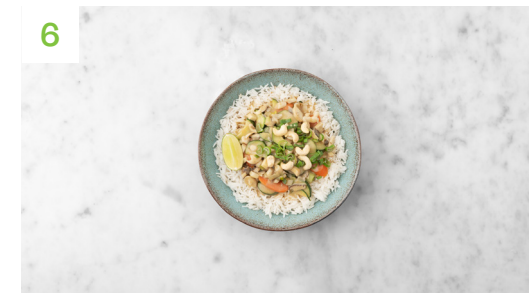
### Finishing Touches

- When everything is cooked, remove the **lemongrass** stalks from the curry and the **rice**.
- Squeeze the juice of **half** the **lime** into the curry.
- Season to taste with **salt** and **pepper**.
- Fluff up the **rice** with a fork and stir through the **lime** zest.



### Slice the Veg

- Trim the **carrot** then cut diagonally into thin slices (no need to peel).
- Roughly chop the **mushrooms**.



### Garnish and Serve

- Divide the fragrant **rice** between plates and top with the creamy **courgette** curry.
- Sprinkle with sliced green **scallion** and **cashews**.
- Serve any remaining **lime** wedges alongside.

**Enjoy!**