

Coconut Kidney Bean Curry

with Green Onion Fried Rice

Veggie

Optional Spice 35 Minutes





Kidney Beans









Garlic, cloves





Lemongrass

Baby Spinach

Sweet Potato





Coconut Milk



Vegetarian Oyster



Sauce



Red Chili Pepper



Onion, chopped

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: 1/2 tsp
- Spicy: 1 tsp

Bust out

Vegetable peeler, measuring spoons, strainer, medium pot, measuring cups, large pot, large non-stick pan

Ingredients

9		
	2 Person	4 Person
Kidney Beans	370 ml	740 ml
Green Onion	2	4
Garlic, cloves	1	2
Lemongrass	1	1
Sweet Potato	170 g	340 g
Baby Spinach	56 g	113 g
Ginger	15 g	30 g
Coconut Milk	165 ml	400 ml
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Basmati Rice	¾ cup	1 ½ cups
Red Chili Pepper 🥒	1	2
Onion, chopped	56 g	113 g
Oil*		
Salt and Pepper*		

^{*} Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca





Cook rice

Add 1 ¼ cups water and ¼ tsp salt (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil. Once boiling, add rice, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Prep

While **rice** cooks, drain and rinse **kidney beans**. Thinly slice **green onions**. Peel, then cut **sweet potato** into ½-inch pieces. Peel, then finely mince or grate **half the ginger** (all for 4 ppl). Peel, then mince or grate **garlic**. Remove outer layer of **lemongrass**. Carefully smash **lemongrass** with a rolling pin or a heavy pot to bruise, then halve crosswise. Thinly slice **chili**, removing seeds for less heat. (TIP: We suggest using gloves when prepping chilis!)



Cook curry

Heat a large pot over medium heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then ginger, garlic, lemongrass, onions and ¼ tsp chilis. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1-2 min. Add kidney beans, sweet potatoes, vegetarian oyster sauce and coconut milk. Rinse coconut milk can with ⅓ cup water (¼ cup for 4 ppl), then add to the pot. Bring to a simmer over high heat. Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until sweet potatoes are tender, 8-10 min.



Fry rice

While **curry** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green onions**. Cook, stirring often, until **green onions** soften, 1-2 min. Add **rice** and cook, stirring until combined, 2-3 min. Season with **salt** and **pepper**, to taste.



Finish curry

Remove **lemongrass pieces** from **curry**. Add **spinach** to **curry**. Stir until wilted, 1 min. Season with **salt** and **pepper**, to taste.



Finish and serve

Divide **rice** between bowls, then top with **curry**. Sprinkle **any remaining chilis** over top, to taste.

Dinner Solved!