



Coconut Kidney Bean Curry with Scallion Fried Rice

Veggie

Spicy

25 Minutes



Kidney Beans



Green Onions



Garlic Puree



Lemongrass



Sweet Potato



Baby Spinach



Ginger



Coconut Milk



Vegetarian Oyster Sauce



Parboiled Rice



Thai Chili Pepper



Onion, chopped

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

Before starting, wash and dry all produce.

Bust Out

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

Ingredients

| | 2 Person | 4 Person |
|-------------------------|----------|----------|
| Kidney Beans | 398 ml | 796 ml |
| Green Onions | 2 | 4 |
| Garlic Puree | 1 tbsp | 2 tbsp |
| Lemongrass | 1 | 2 |
| 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 | ¼ cup | ½ cup |
| Parboiled Rice | 142 g | 283 g |
| Thai Chili Pepper 🌶️ | 1 | 2 |
| Onion, chopped | 56 g | 113 g |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Cook rice

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. Fluff **rice** with a fork.



Fry rice

While the **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, 1-2 min. Season with **salt** and **pepper**.



Prep

While the **rice** cooks, drain and rinse **kidney beans**. Thinly slice **green onions**. Peel, then cut the **sweet potato** into ½-inch pieces. Peel, then finely mince or grate **half the ginger** (all for 4 ppl). Remove outer layer of **lemongrass**, then cut in half crosswise. Using the bottom of a heavy spoon, forcefully tap the **lemongrass** to bruise. Thinly slice **chili**. (NOTE: We suggest using gloves when prepping chilis!)



Finish curry

Add **baby spinach** to the **curry** and stir until wilted.



Cook curry

Heat a large pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **garlic puree, ginger, lemongrass, onions** and **half the chili**. Cook, stirring often, until fragrant, 1-2 min. Add **kidney beans, sweet potatoes, vegetarian oyster sauce** and **coconut milk**. Fill half the coconut milk can with **water**, then add to the pot. (NOTE: Don't add water for 4 ppl.) Season with **salt** and bring to a boil over high heat. Reduce heat to medium. Cook, covered, stirring occasionally, until **sweet potatoes** are tender, 8-10 min.



Finish and serve

Remove **lemongrass pieces** from **curry**. Divide **rice** between bowls, then top with **curry**. Sprinkle **remaining chilis** over top, if desired.

Dinner Solved!