

MARLEY SPOON



Massaman Curried Vegetables

with Cashew Nuts



30-40min



2 Portions

Possibly the most popular Thai curry on take-away menus, however our speedy version is just as delicious as any store-bought version. Also, ours is packed full of vegetables, think potato, broccoli and onion, making it not only better for you but super-quick to cook, too!

What we send

- roma tomatoes
- tamarind paste
- onion
- coriander
- vegetarian massaman curry paste ⁶
- chat potatoes
- broccoli
- coconut milk
- jasmine rice
- roasted cashews ¹⁵

What you'll require

- salt and pepper
- vegetable oil

Utensils

- medium saucepan
- sieve
- wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Soy (6), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 775.0kcal, Fat 28.8g, Proteins 20.8g, Carbs 102.1g



1. Prepare garnishes

Set aside 1 tbs of **cashews** and coarsely chop the remaining. Pick the **coriander** sprigs and finely chop the stems.



2. Cook rice

Wash **rice** in a sieve under cold water and shake dry. Place in a medium saucepan with 250ml (1 cup) water. Bring to the boil and cook over low heat, covered, for 10 mins. Turn off heat and leave for 10 mins. Keep warm.



3. Start cooking

Meanwhile, heat 2 tbs **oil** in a wok or large frypan over high heat. Stir-fry half the **massaman paste** (save remainder for another use) and **chopped coriander stems** for 1 min or until fragrant. Add the **coconut milk** and cook for 5 mins or until it starts to split. Stir in the **tamarind paste** and 375ml (1½ cups) **water**.



4. Prepare vegetables

Halve the **potatoes**, or cut into quarters if larger. Thinly slice the **onion**. Cut the **broccoli** into small florets. Cut the **tomato** into large chunks.



5. Finish curry

Add the **onion, potatoes, chopped nuts** and ¼ tsp **salt** to the **sauce**. Bring to the boil and cook gently over low heat for 12 mins or until the vegetables are tender. Add the **broccoli** and cook for a further 4 mins (you may need to add a little more water at this point). Stir through the chopped **tomatoes**.



6. Get ready to serve

Finely chop half the **coriander** leaves. Stir into the **curry**. Divide between bowls. Garnish with the reserved **cashews** and whole coriander leaves and serve with the **rice**.