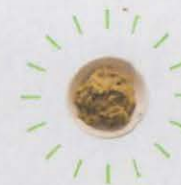




THAI PUMPKIN & VEGGIE CURRY

with Roasted Cashews



Make a
Thai curry!



Jasmine Rice



Peeled Pumpkin



Brown Onion



Zucchini



Ginger



Yellow Curry
Paste



Coconut Milk



Vegetable Stock



Baby Spinach
Leaves



Roasted Cashews

 Hands-on: **25 mins**
 Ready in: **35 mins**
 Spicy (yellow curry
paste)

This classic Thai curry is sure to please everyone in your house. By controlling the heat when you add the yellow curry paste, you can set this curry from fragrant to full of spice. It's up to you!

Pantry Staples: Olive Oil, Soy Sauce

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan** with **lid, fine grater** and **large frying pan with lid** (or **foil**).



1 COOK THE RICE

In a medium saucepan, bring the **water** (see ingredients list) to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and set aside, covered, for **10-15 minutes**, or until the rice is tender and all the water has absorbed.

TIP: The rice will finish cooking in its own steam so don't peek!



2 GET PREPPED

While the rice is cooking, cut the **peeled pumpkin** into 1cm cubes. **TIP:** Cut the pumpkin to the correct size so it cooks in the allocated time. Thinly slice the **brown onion**. Cut the **zucchini** into 1cm chunks. Finely grate the **ginger**.



3 START THE CURRY

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **pumpkin, brown onion** and **zucchini** and cook for **5-6 minutes**, or until slightly softened. Add the **yellow curry paste** (see ingredients list) and **ginger** and cook for **1-2 minutes**, or until fragrant. **TIP:** The curry paste is spicy so add a little less if you prefer your curry mild.



4 SIMMER THE CURRY

Add the **coconut milk** and crumble in the **vegetable stock** (1/2 cube for 2 people / 1 cube for 4 people). Bring to the boil over a high heat, then reduce the heat to medium and cover with a lid (or foil). Simmer, stirring occasionally, for **10 minutes**, or until the pumpkin is tender.



5 FINISH THE CURRY

Add the **soy sauce** and **baby spinach leaves** to the curry and cook, stirring, for **1 minute**, or until just wilted.



6 SERVE UP

Divide the rice between bowls and top with the Thai pumpkin & veggie curry. Sprinkle over the **roasted cashews**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
peeled pumpkin	1 packet (400 g)	1 packet (800 g)
brown onion	1	2
zucchini	1	2
ginger	1 knob	2 knobs
yellow curry paste	½ tub (25 g)	1 tub (50 g)
coconut milk	1 tin (400 mL)	2 tins (800 mL)
vegetable stock	½ cube	1 cube
soy sauce*	1 tbs	2 tbs
baby spinach leaves	1 bag (90 g)	1 bag (180 g)
roasted cashews	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3865kJ (923Cal)	491kJ (117Cal)
Protein (g)	22.3g	2.8g
Fat, total (g)	43.6g	5.6g
- saturated (g)	26.0g	3.3g
Carbohydrate (g)	97.9g	12.5g
- sugars (g)	23.4g	3.0g
Sodium (g)	2291mg	291mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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2018 | WK33

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