



THAI COCONUT PUMPKIN CURRY

with Roasted Cashews & Peanuts



Master a Thai yellow curry



Peeled Pumpkin



Brown Onion



Ginger



Yellow Curry Paste



Coconut Cream



Vegetable Stock



Asian Greens



Roasted Peanuts



Jasmine Rice



Roasted Cashews



Coriander

Hands-on: **30** 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 eye-wateringly hot. It's up to you!

Pantry Staples: Olive Oil, Water, 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**, **colander**, **fine grater**, **large frying pan**, **wooden spoon**, **sieve** and a **medium saucepan** with a **lid**.



1 GET PREPPED

Chop the **peeled pumpkin** into 1 cm cubes.

TIP: Chopping the pumpkin into very small cubes speeds up the cooking time. Finely slice the **brown onion**. Finely grate the **ginger** (unpeeled). Roughly chop the **Asian greens**.



2 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large frying pan. Add the **brown onion** and **pumpkin** and cook for **5 minutes**, or until slightly softened. Add the **yellow curry paste** (use **suggested amount**) and the **ginger** and cook for **1 minute**, or until fragrant. **TIP:** The **curry paste** is very spicy so add a little less if you prefer your **curry mild**.



3 COOK THE CURRY

Add the **coconut cream** and **water** (for the **curry**) and crumble in the **vegetable stock** cube. Bring to the boil over a high heat, then reduce the heat to medium and cover with a lid. Simmer, stirring occasionally, for **10 minutes**, or until the pumpkin is soft. Add the **soy sauce** and **Asian greens** and stir through for **1 minute**, or until just wilted.



4 COOK THE RICE

While the curry is cooking, rinse the **Jasmine rice** well. Add the rice and the **water** (for the **rice**) to a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **11-12 minutes**, or until soft. Drain and return to the saucepan. Cover to keep warm. **TIP:** Once cooked, fluff up the rice with a fork to stop it from becoming **gluggy**.



5 PREPARE THE GARNISH

While the rice is cooking, roughly chop the **roasted peanuts**. Pick the **coriander** leaves and roughly chop.



6 SERVE UP

Divide the rice between bowls and top with the Thai coconut curry. Sprinkle over the peanuts, **roasted cashews** and coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet	1 packet
brown onion	1	2
ginger	1 knob	2 knobs
Asian greens	1 bunch	2 bunches
yellow curry paste	½ sachet (1 tbs)	1 sachet (2 tbs)
coconut cream	2 tins (140 mL)	4 tins (140 mL)
water* (for the curry)	1 cup	2 cups
vegetable stock	1 cube	2 cubes
soy sauce*	1 tbs	2 tbs
Jasmine rice	1 packet (¾ cup)	2 packets (1 ½ cup)
water* (for the rice)	3 cups	6 cups
roasted peanuts	1 packet (¼ cup)	2 packets (½ cup)
coriander	1 bunch	1 bunch
roasted cashews	1 packet (¼ cup)	2 packets (½ cup)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4490kJ (1070Cal)	391kJ (93Cal)
Protein (g)	27.2g	2.4g
Fat, total (g)	61.6g	5.4g
- saturated (g)	40.6g	3.5g
Carbohydrate (g)	98.3g	8.6g
- sugars (g)	25.9g	2.3g
Sodium (g)	2300mg	200mg

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