



# THAI COCONUT PUMPKIN & VEGGIE CURRY

with Roasted Cashews & Peanuts



Master a Thai  
yellow curry



Peeled Pumpkin



Brown Onion



Ginger



Yellow Curry Paste



Coconut Milk



Vegetable Stock



Baby Spinach Leaves



Jasmine Rice



Roasted Peanuts



Roasted Cashews



Zucchini



Hands-on: **25** mins

Ready in: **35** mins



Spicy (yellow curry  
paste)

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Naturally gluten-free

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, Soy Sauce (or Tamari  
Soy Sauce), Water



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **sieve**, **medium saucepan** with a **lid** **vegetable peeler**, **fine grater**, **large frying pan** with a **lid** and a **wooden spoon**



### 1 COOK THE RICE

Rinse the **Jasmine rice** well. Add the **water** (**check ingredients list for the amount**) to a medium saucepan and bring to the boil. Add the 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 keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** Don't lift the lid while the rice is resting so you don't lose any steam!



### 4 COOK THE CURRY

Add the **coconut milk** and crumble in the **vegetable stock** cube (**use suggested amount**). 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 **baby spinach leaves** and stir through for **1 minute**, or until just wilted.



### 2 GET PREPPED

While the rice is cooking, chop the **peeled pumpkin** into 1 cm cubes. **TIP:** Chopping the pumpkin small ensures it cooks in the allocated time. Peel and finely slice the **brown onion**. Chop the **zucchini** into 1 cm chunks. Finely grate the **ginger** (unpeeled). Roughly chop the **baby spinach leaves**.



### 5 CHOP THE NUTS

While the rice is cooking, roughly chop the **roasted peanuts** and **roasted cashews**.



### 3 COOK THE VEGGIES

Heat a **drizzle** of **olive oil** in a large frying pan. Add the **pumpkin**, **brown onion**, and **zucchini** and cook for **5-6 minutes**, or until slightly softened. Add the **yellow curry paste** (**use suggested amount**) and cook for **1 minute**, or until fragrant. **TIP:** The curry paste is spicy so add a little less if you prefer your curry mild. Add the **ginger** and cook for **1 minute**, or until fragrant.



### 6 SERVE UP

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

ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Jasmine rice	1 packet (¾ cup)	2 packets (1½ cups)
water*	1¼ cups	2½ cups
peeled pumpkin	1 packet	1 packet
brown onion	1	2
zucchini	1	2
ginger	1 knob	2 knobs
baby spinach leaves	1 bag	1 bag
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* (or tamari soy sauce)	1 tbs	2 tbs
roasted peanuts	1 packet	2 packets
roasted cashews	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4440kJ (1060Cal)	463kJ (111Cal)
Protein (g)	25.9g	2.7g
Fat, total (g)	58.2g	6.1g
- saturated (g)	28.1g	2.9g
Carbohydrate (g)	96.0g	10.0g
- sugars (g)	24.4g	2.5g
Sodium (g)	1640mg	171mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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