



THAI PUMPKIN & VEGGIE YELLOW CURRY

with Crushed Peanuts



Make a vegetable
Thai yellow curry!



Jasmine Rice



Butternut Pumpkin



Brown Onion



Zucchini



Ginger



Yellow Curry
Paste



Coconut Cream



Vegetable Stock



Baby Spinach
Leaves



Crushed Peanuts

- Hands-on: **25-35mins**
Ready in: **35-45mins**
- Naturally gluten-free
Not suitable for Coeliacs
- Spicy (yellow curry
paste)

Enjoy a bowl of creamy and rich Thai curry, loaded with colourful veggies and fragrant spices. With a sprinkling of crushed peanuts to finish it all off, this delicious meal will beat your local takeaway joint!

Pantry Staples: Olive Oil, Soy Sauce (Or Gluten-Free Tamari Soy Sauce)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan** with a **lid** (or **foil**)



1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and set aside, covered, until the rice is tender and the water is absorbed, **10-15 minutes**. **TIP:** The rice will finish cooking in its own steam so don't peek!



2 GET PREPPED

While the rice is cooking, peel and chop the **butternut pumpkin** into 2cm chunks. Thinly slice the **brown onion**. Cut the **zucchini** into 1cm chunks. Finely grate the **ginger**.



3 START THE CURRY

SPICY! You may find the curry paste hot! Feel free to add less, depending on your taste. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **pumpkin, onion** and **zucchini** and cook until slightly softened, **5-6 minutes**. Add the **yellow curry paste** and **ginger** and cook until fragrant, **1-2 minutes**.



4 SIMMER THE CURRY

Add the **coconut cream, water (for the curry)** 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, until the pumpkin is tender, **10-12 minutes**.



5 FINISH THE CURRY

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



6 SERVE UP

Divide the rice between bowls and top with the Thai pumpkin and veggie yellow curry. Sprinkle with the **crushed peanuts**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	¾ cup	1½ cups
jasmine rice	1 packet	2 packets
butternut pumpkin	1 portion	1 portion
brown onion	1	2
zucchini	1	2
ginger	1 knob	2 knobs
yellow curry paste	1 tub (25g)	1 tub (50g)
coconut cream	1 packet	2 packets
water* (for the curry)	½ cup	1 cup
vegetable stock	½ cube	1 cube
soy sauce* (or gluten-free tamariso soy sauce)	1 tbs	2 tbs
baby spinach leaves	1 bag (90g)	1 bag (180g)
crushed peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3630kJ (867Cal)	478kJ (114Cal)
Protein (g)	24.4g	3.2g
Fat, total (g)	40.0g	5.3g
- saturated (g)	28.5g	3.8g
Carbohydrate (g)	98.5g	13.0g
- sugars (g)	24.8g	3.3g
Sodium (g)	1610mg	212mg

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

Hello@HelloFresh.com.au

2020 | WK03

