

THAI PUMPKIN & VEGGIE YELLOW CURRY

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!

with Crushed Peanuts





Make a vegetable Thai yellow curry!







Brown Onion







Yellow Curry



Coconut Cream



Vegetable Stock



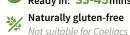
Baby Spinach

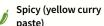


Crushed Peanuts

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









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)



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!



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.



T 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.



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.



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



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

ENJOY!

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 tamari 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

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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

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