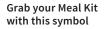


Thai Green Pumpkin & Broccoli Curry with Brown Rice & Crushed Peanuts















Garlic



Lemongrass & Makrut Lime Stir-Fry Paste



Bamboo Shoots





Thai Green



Coconut Milk

Curry Paste



Crushed Peanuts

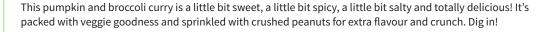
Pumpkin

Prep in: 20-30 mins Ready in: 35-45 mins 💸

Plant Based







Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
peeled & chopped pumpkin	1 small bag	1 medium bag
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
bamboo shoots	1 tin	2 tins
long chilli (optional) ∮	1/2	1
lemongrass & makrut lime stir-fry paste	½ packet (20g)	1 packet (40g)
Thai green curry paste 🥖	¾ tin	1 ½ tins
coconut milk	1 large tin	2 large tins
soy sauce* (or gluten-free tamari soy sauce)	2 tsp	1 tbs
brown sugar*	1 tsp	2 tsp
crushed peanuts	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3575kJ (854Cal)	501kJ (120Cal)
Protein (g)	19.9g	2.8g
Fat, total (g)	52.1g	7.3g
- saturated (g)	32.9g	4.6g
Carbohydrate (g)	71.2g	10g
- sugars (g)	15.3g	2.1g
Sodium (mg)	1635mg	229mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the brown rice

- Preheat oven to 220°C/200°C fan-forced. Boil the kettle.
- Half-fill a medium saucepan with the boiling water. Add brown rice and a pinch of salt and cook, uncovered, over high heat until tender, 25-30 minutes.
- Drain **rice**, then return to saucepan. Cover to keep warm.



Roast the pumpkin

- While the rice is cooking, place peeled & chopped pumpkin on a lined oven tray.
- Drizzle with olive oil, season with salt and pepper and toss to coat.
- Roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, cut broccoli (including the stalk!) into small florets.
- Finely chop garlic.
- Drain bamboo shoots. Thinly slice long chilli (if using).

TIP: The makrut lime leaves are fibrous so you want to cut them into small pieces!



Start the curry

- SPICY! You may find the curry paste hot. Add less if you're sensitive to heat. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook garlic, lemongrass & makrut lime stir-fry paste (see ingredients) and Thai green curry paste (see ingredients) until fragrant, 1 minute.
- Add coconut milk, broccoli and bamboo shoots, then bring to the boil. Simmer until broccoli is tender, 4-5 minutes.



Finish the curry

• Stir through roasted **pumpkin**, the **soy sauce** and the **brown sugar**.



Serve up

- · Divide brown rice between bowls.
- Top with Thai green pumpkin and broccoli curry.
- Sprinkle with crushed peanuts and chilli. Enjoy!

