



Thai Green Pumpkin & Broccoli Curry

with Brown Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Brown Rice



Broccoli



Garlic



Lemongrass & Makrut Lime Stir-Fry Paste



Bamboo Shoots



Long Chilli (Optional)



Thai Green Curry Paste



Coconut Milk



Crushed Peanuts



Peeled & Chopped Pumpkin

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



Naturally Gluten-Free
Not suitable for coeliacs



Plant Based

This pumpkin and broccoli curry is a little bit sweet, a little bit spicy, a little bit salty and totally delicious! It's packed with veggie goodness and sprinkled with crushed peanuts for extra flavour and crunch. Dig in!

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

	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) 🌶️	½	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 <i>gluten-free tamari soy sauce</i>)	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.

1



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.

4



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**.

2



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**.

5



Finish the curry

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

3



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!

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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