

Thai Pumpkin & Lentil Red Curry

with Roasted Cashews & Coriander

Grab your Meal Kit with this symbol





Pumpkin





Jasmine Rice



Brown Onion





Asian Greens

Garlic



Red Lentils





Coconut Milk



Vegetable Stock



Coriander



Roasted Cashews



curry paste)



Get ready to knock your socks off with this flavour-packed veggie curry. We've combined our popular red curry paste and creamy coconut milk to bring lentils to life, while roasted cashews add crunch and amazing texture.

Pantry items Olive Oil

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

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

Ingredients

| g. ca.c.i.c | | |
|---------------------------|------------------|------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| butternut pumpkin | 1 | 1 |
| carrot | 1 | 2 |
| water* (for the rice) | 1¼ cups | 2½ cups |
| jasmine rice | 1 packet | 2 packets |
| brown onion | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| red lentils | 1 packet | 2 packets |
| Thai red curry paste | ¾ tin | 1 ½ tins |
| coconut milk | 1 tin (165ml) | 1 tin (400ml) |
| water* (for the curry) | 1½ cups | 3 cups |
| vegetable stock | 1 cube | 2 cubes |
| coriander | 1 bag | 1 bag |
| Asian greens | 1 bunch | 2 bunches |
| roasted cashews | 1 packet | 2 packets |

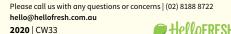
^{*}Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|------------------------|-----------------------|
| Energy (kJ) | 4146kJ (990Cal) | 490kJ (117Cal) |
| Protein (g) | 34.1g | 4g |
| Fat, total (g) | 31.9g | 3.8g |
| - saturated (g) | 12.9g | 1.5g |
| Carbohydrate (g) | 126.9g | 15g |
| - sugars (g) | 34.6g | 4.1g |
| Sodium (mg) | 1557mg | 184mg |

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. Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Chop the butternut pumpkin into 2cm chunks. Cut the carrot (unpeeled) into 2cm chunks. Place the carrot and pumpkin on the oven tray lined with baking paper. Drizzle with olive oil and season with a good pinch of salt and pepper. Spread in a single layer and roast until tender, 20-25 minutes.

TIP: Peel the pumpkin if you're not a fan of the skin!



2. Cook the rice

While the veggies are roasting, bring the water (for the rice) to the boil in a medium saucepan. 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 keep covered until the rice is tender and all the water is absorbed, 10-15 minutes.

TIP: The rice will finish cooking in its own steam so don't peek!



3. Get prepped

While the rice is cooking, thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press).
Rinse the **red lentils**.



4. Make the curry

SPICY! The curry paste is spicy so use a little less if you prefer your curry mild. In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Add the onion and cook until softened, 5 minutes. Add the garlic and Thai red curry paste (see ingredients list) and cook until fragrant, 1-2 minutes. Add the coconut milk, water (for the curry), crumbled vegetable stock (1 cube for 2 people / 2 cubes for 4 people) and red lentils. Bring to the boil then reduce the heat to medium, stirring occasionally. Cover with a lid or foil and cook until the lentils have softened, 20-22 minutes.





5. Finish the curry

While the curry is cooking, roughly chop the coriander and the Asian greens. When the lentils are done, add the Asian greens and cook until wilted, 1 minute. Gently stir through the roasted pumpkin and carrot. Season to taste with salt and pepper.

TIP: Add a splash of water if the curry looks too thick.



6. Serve up

Divide the jasmine rice between bowls, and top with the Thai pumpkin and lentil curry. Garnish with the coriander and **roasted cashews**.

Enjoy!