



Thai Pumpkin & Lentil Red Curry

with Roasted Cashews & Coriander

Grab your Meal Kit with this symbol



Butternut Pumpkin



Carrot



Jasmine Rice



Brown Onion



Garlic



Asian Greens



Red Lentils



Thai Red Curry Paste



Coconut Milk



Vegetable Stock



Coriander



Roasted Cashews



Hands-on: **25-35 mins**
Ready in: **40-50 mins**



Naturally gluten-free
Not suitable for Coeliacs



Spicy (Thai red 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 · Medium saucepan with a lid · Large frying pan

Ingredients

	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!



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**.

TIP: Stand back, the curry paste can spit a bit!



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!



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.



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**.



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!