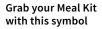


Thai Pumpkin & Veggie Red Curry with Crushed Peanuts









Butternut Pumpkin











Thai Red Curry Paste





Vegetable Stock

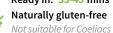


Coriander



Crushed Peanuts

Hands-on: 20-30 mins Ready in: 35-45 mins





Plant based



This Thai red curry is loaded with veggies, giving it plenty of nutritional virtue to boast about. Coated in a creamy red curry sauce, they become soft, sweet and incredibly moreish. The only way to improve this cracking curry? Crushed peanuts. Tick!

Pantry items

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

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 lid · Large frying pan with lid (or foil)

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
zucchini	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
Thai red curry paste	½ tin	1 tin
coconut milk	1 tin (400ml)	2 tins (800ml)
vegetable stock	½ cube	1 cube
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
coriander	1 bag	1 bag
crushed peanuts	1 small packet	1 large packet
+ 5		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3788kJ (905Cal)	439kJ (104Cal)
Protein (g)	19.8g	2.3g
Fat, total (g)	43.6g	5.1g
- saturated (g)	25.3g	2.9g
Carbohydrate (g)	94.6g	11g
- sugars (g)	28.7g	3.3g
Sodium (mg)	1426mg	165mg

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.



Roast the pumpkin

Preheat the oven to 220°C/200°C fan-forced. Peel the butternut pumpkin and cut into bite-sized chunks. Place on a lined oven tray. Drizzle with olive oil and season with salt and pepper. Spread out evenly and roast until tender, 20-25 minutes.



Cook the rice

While the pumpkin is roasting, bring the **water** 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 set aside, 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!



Prep the veggies

Cut the **zucchini** and **capsicum** into small chunks. Finely chop the **garlic**.



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 mediumhigh heat. Cook the **zucchini** and **capsicum** until slightly softened, **5-6 minutes**. Add the **Thai red curry paste** (see ingredients) and **garlic** and cook until fragrant, **1-2 minutes**.



Make it saucy

Add the **coconut milk** to 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 until well combined, 3 minutes. Add the **soy sauce** and roasted **pumpkin** to the **curry** and stir to combine.



Serve up

Roughly chop the **coriander**. Divide the rice between bowls and top with the Thai pumpkin and veggie red curry. Sprinkle with the **crushed peanuts** and coriander.

Enjoy!