



# Thai Pumpkin & Veggie Red Curry

with Crushed Peanuts



Peeled & Chopped  
Pumpkin



Jasmine Rice



Zucchini



Capsicum



Garlic



Thai Red  
Curry Paste



Coconut Milk



Vegetable Stock  
Powder



Coriander



Crushed Peanuts



Chicken  
Breast



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



Naturally Gluten-Free  
*Not suitable for coeliacs*



Plant based



Spicy (Thai red  
curry paste)



Eat Me Early\*  
*\*Custom Recipe Only*

You'll have no problems getting your veggies in with this creamy, cracking curry. The only way to improve it? Crushed peanuts for some crunch. Tick!



**CUSTOM RECIPE**

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## 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 a lid · Large frying pan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 medium bag	1 large bag
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
zucchini	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
Thai red curry paste	½ tin	1 tin
coconut milk	1 large tin	2 large tins
vegetable stock powder	½ medium sachet	1 medium sachet
soy sauce*		
(or gluten free tamari soy sauce)	1 tbs	2 tbs
coriander	1 bag	1 bag
crushed peanuts	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3957kJ (945Cal)	541kJ (129Cal)
Protein (g)	15g	2.1g
Fat, total (g)	50.5g	6.9g
- saturated (g)	32.9g	4.5g
Carbohydrate (g)	99.7g	13.6g
- sugars (g)	23.8g	3.3g
Sodium (mg)	1459mg	200mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4775kJ (1141Cal)	533kJ (127Cal)
Protein (g)	45.2g	5g
Fat, total (g)	58.7g	6.6g
- saturated (g)	35.4g	4g
Carbohydrate (g)	99.7g	11.1g
- sugars (g)	23.8g	2.7g
Sodium (mg)	1562mg	174mg

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

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly and roast until tender, **20-25 minutes**.

2



## Cook the rice

While the pumpkin is roasting, add the **water** to a medium saucepan and bring to the boil. 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



## Prep the veggies

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

### CUSTOM RECIPE

If you've added chicken breast, after prepping the veggies, cut the chicken into bite-sized chunks.

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 a medium high 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**.

5



## Make it saucy

Add the **coconut milk** and **vegetable stock powder** (see ingredients). Bring to the boil over a high heat, then reduce the heat to medium and cover with a lid or foil. Simmer until slightly thickened, **3 minutes**. Stir in the **soy sauce** and **roasted pumpkin**, then remove from the heat.

6



## Serve up

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

## Enjoy!

### CUSTOM RECIPE

Prepare the pan as above. Before cooking the veggies, cook the chicken, tossing occasionally, until browned and cooked through, 4-5 minutes. Add the veggies and continue as above.

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