



Everything
But The Chef

hello@hellofresh.com.au

02 81 888 722

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Pumpkin Thai Red Curry

This Thai curry is absolutely chock full of delicious veggies and healthy goodies. Coconut milk adds a lovely creaminess, but don't forget to taste as you go so that you end up with the perfect spiciness profile for you!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 2



veggie



3 pantry items



Rice



Red Onion



Pumpkin



Red Curry Paste



Coconut Milk



Vegetable Stock



Red Lentils



Baby Bok Choy



Coriander

2P	4P	Ingredients
150 g	300 g	rice
1 tbs	2 tbs	vegetable oil *
1/2	1	red onion, diced ⊕
350 g*	700 g*	pumpkin, peeled & cut into 2cm cubes A
2 tbs	4 tbs	HelloFresh red curry paste
1 tin	2 tins	coconut milk
2 cups	4 cups	cold water *
1 tsp	2 tsp	vegetable stock powder
100 g	200 g	red lentils
1 tbs	2 tbs	vegetarian fish sauce *
1 bunch	2 bunches	baby bok choy, washed & leaves separated
1 tbs	2 tbs	coriander, chopped ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2530	Kj
Protein	23.6	g
Fat, total	34.8	g
-saturated	20.8	g
Carbohydrate	40.9	g
-sugars	17.7	g

Measuretool

0 cm	1 cm	2 cm

* Due to the nature of pumpkins, you might find a 10% variance in the weight of pumpkin you receive.



1 Place the **rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes** or until soft. Drain.



2 Heat the **vegetable oil** in a large, heavy-based saucepan over a medium-high heat. Add the **onion** and **pumpkin**. Cook, stirring occasionally, for **6 minutes** or until light golden. Stir in the **curry paste**. Cook for **1 minute** (if you are afraid of heat, add the paste a little at a time until the required taste is achieved).



3 Add the **coconut milk**, **water**, **vegetable stock** and the **lentils**. Bring to the boil. Reduce the heat to medium. Simmer, uncovered, stirring occasionally, for **15 minutes**. Add the **fish sauce** and simmer for a further **3 minutes**.

4 Whilst your curry is simmering, steam your **bok choy** for **2-3 minutes** or until vibrant green in colour and slightly crunchy.

5 Serve your curry on a bed of rice with the bok choy, sprinkle over some **coriander** if you wish!



Did you know? In ancient Egypt, lentils were thought to enlighten children's minds, making them both cheerful and studious.