



More than Food

HelloFresh.com | hello@hellofresh.com

DEC 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

## Roasted Acorn Squash & Coconut-Curry Sauce with Gingered Fried Rice

Acorn squash is one of our favorite squash varieties—its dense, velvety flesh is both nutty and rich. A touch of oil allows this fried rice to develop a crispy edge in the pan—a crucial addition! A creamy coconut-curry sauce ties it all together.



Acorn Squash



Jasmine Rice



Ginger



Peanut Butter



Lite Coconut Milk



Garlic



Onion



Soy Sauce



Carrot



Cilantro



Curry Powder

## Ingredients

	2 People	4 People
Acorn Squash	1	2
Jasmine Rice	¾ C	1 ½ C
Ginger	1 thumb	2 thumbs
Peanut Butter	1) 1 T	2 T
Lite Coconut Milk	½ C	1 C
Garlic	2 cloves	4 cloves
Onion	1	2
Soy Sauce	2) 1 ½ t	3 t
Carrot	6 oz	12 oz
Cilantro	¼ oz	½ oz
Curry Powder	1 t	2 t
Sugar*	1 t	2 t
Oil*	4 t	8 t

\*Not Included

## Allergens

1) Peanuts

2) Soy

## Tools

Baking Sheet, Large Pan, Small Pot, Peeler

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 700 cal | Fat: 18 g | Sat. Fat: 6 g | Protein: 12 g | Carbs: 130 g | Sugar: 9 g | Sodium: 372 mg | Fiber: 12 g

Make sure to wash and dry produce before prepping or cooking!



**1 Roast the squash:** Preheat the oven to 400 degrees. Bring **1 ½ cups of water** and a large pinch of **salt** to a boil in a small pot. Halve the **acorn squash** and scoop out and discard the seeds. Slice each half into ¾-inch wedges. Place the wedges on a lightly oiled baking sheet and toss with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for 35-40 minutes, flipping halfway through cooking, until soft and golden brown.



**2 Cook the rice:** Add the **rice** to the boiling water, cover, and reduce to a simmer for about 15 minutes, until tender.

**3 Prep the remaining ingredients:** Meanwhile, peel and finely dice the **carrot**. Halve, peel, and dice the **onion**. Peel and mince or grate the **ginger**. Mince or grate the **garlic**. Finely chop **half the cilantro**, reserving a few leaves for garnish.



**4 Cook the vegetables:** Heat a drizzle of **oil** in a large pan over medium heat. Add the **carrot, onion, and half the ginger** and cook, tossing, until soft and slightly caramelized, for 7-8 minutes. Season with **salt** and **pepper**. Add the cooked **rice** to the pan and remove from the heat.

**5 Make the coconut curry sauce:** Rinse out the pot you cooked the **rice** in. Heat a drizzle of **oil** in the same pot over medium heat. Add the **garlic, curry, and remaining ginger** to the pot and cook for 1-2 minutes, until softened. Stir **½ cup coconut milk, 1 teaspoon sugar, and ½ teaspoon soy sauce** (we are sending more) into the pot. Bring to a simmer, then stir in **1 Tablespoon peanut butter** and the **chopped cilantro**. Remove from the heat and season with **salt** and **pepper**, if necessary.



**6** Add the remaining **soy sauce** and a drizzle of **oil** to the pan with the **rice**. Toss over high heat until the rice becomes slightly crispy, for 2-3 minutes.

**7** Serve the roasted **acorn squash** on a bed of **fried rice** and drizzle with the **coconut-curry sauce**. Scatter with the reserved **cilantro leaves** and enjoy!