



Creamy Roasted Pumpkin Curry

with Basmati Rice & Flaked Almonds

Grab your Meal Kit
with this symbol



	Carrot		Peeled & Chopped Pumpkin
	Basmati Rice		Brown Onion
	Garlic		Ginger
	Broccolini		Asian Greens
	Lemon		Coriander
	Flaked Almonds		Bengal Curry Paste
	Coconut Milk		

Hands-on: 25 mins
Ready in: 35 mins

Enjoy a bowl of rich and creamy pumpkin curry, loaded with colourful veggies and aromatic spices. With a sprinkling of lightly toasted almonds to finish it all off, this delicious meal will beat your local takeaway joint!

Pantry items

Olive Oil, 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

Ingredients

	4 People	refer to method
olive oil*		
carrot	2	
peeled & chopped pumpkin	1 packet (800g)	
water*	3 cups	
basmati rice	2 packets	
brown onion	1	
garlic	4 cloves	
ginger	1 knob	
broccolini	1 bunch	
Asian greens	1 bunch	
lemon	1	
coriander	1 bunch	
flaked almonds	2 packets	
Bengal curry paste	1 packet (100g)	
coconut milk	2 tins (800ml)	
soy sauce*	2 tbs	

*Pantry items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3500kJ (835Cal)	484kJ (116Cal)
Protein (g)	17.6g	2.4g
Fat, total (g)	39.2g	5.4g
- saturated (g)	24.4g	3.4g
Carbohydrate (g)	88.5g	12.2g
- sugars (g)	18.1g	2.5g
Sodium (g)	1180mg	163mg

Allergens

Please visit HelloFresh.co.nz/recipes for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** (unpeeled) into 2cm pieces. Place the **peeled & chopped pumpkin** and **carrot** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until just tender, **20-25 minutes**.

TIP: Cut the carrot to the correct size so it cooks in the allocated time.

2. Cook the rice

While the veggies are roasting, add the **water** to a medium saucepan and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4. Start the curry

SPICY! This is a mild curry paste, but if you or the kids are extra sensitive to heat, feel free to add less. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and **ginger** and cook until fragrant, **1 minute**. Add the **broccolini** and **Bengal curry paste** and cook, stirring until softened and fragrant, **2 minutes**.

5. Make it creamy

Add the **coconut milk** and the **soy sauce** to the frying pan and stir well to combine. Simmer until thickened slightly, **3-4 minutes**. Stir through the **roasted veggies**, **Asian greens** and a **squeeze** of **lemon juice** until the Asian greens are just wilted, **1 minute**.



6. Serve up

Divide the basmati rice between bowls and top with the creamy roasted pumpkin curry. Sprinkle over the toasted almonds. Garnish the adults' portions with the coriander and serve with any remaining lemon wedges.

Enjoy!