



# Mild Sweet Potato & Coconut Curry

with Brown Rice

Grab your Meal Kit with this symbol



Brown Rice



Sweet Potato



Capsicum



Peeled & Chopped Pumpkin



Red Onion



Garlic



Lemon



Brown Mustard Seeds



Mild North Indian Spice Blend



Vegetable Stock



Coconut Milk



Baby Spinach Leaves



Roasted Cashews



Long Red Chilli (Optional)

Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**  
 Naturally gluten-free  
 Not suitable for Coeliacs

Spicy (optional long red chilli)

Rich, creamy and aromatic – this mild curry has all the elements that make Indian food so irresistible. With roasted sweet potato, capsicum and pumpkin, it's a simple, yet flavourful meal that truly delivers.

**Pantry items**  
 Olive Oil, Butter

## 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

Medium saucepan with lid · Oven tray lined with baking paper · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
water* (for the rice)	3 cups	6 cups
sweet potato	1	2
capsicum	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
red onion	1	2
garlic	2 cloves	4 cloves
lemon	½	1
butter*	20g	40g
brown mustard seeds	1 sachet	2 sachets
mild North Indian spice blend	1 sachet	2 sachets
vegetable stock	1 cube	2 cubes
coconut milk	1 tin (400ml)	2 tins (800ml)
baby spinach leaves	1 bag (60g)	1 bag (120g)
roasted cashews	1 packet	2 packets
long red chilli (optional)	1	2

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4428kJ (1058Cal)	560kJ (133Cal)
Protein (g)	21.6g	2.7g
Fat, total (g)	58.7g	7.4g
- saturated (g)	32.1g	4.1g
Carbohydrate (g)	94.8g	12g
- sugars (g)	27.2g	3.4g
Sodium (mg)	616mg	78mg

### 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.



## 1. Cook the rice

Preheat the oven to **240°C/220°C fan-forced**. In a medium saucepan, bring the **brown rice** and the **water (for the rice)** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan. Cover and set aside.



## 4. Start the curry

In a large frying pan, melt the **butter** with a **drizzle** of **olive oil** over a medium-high heat. Add the **brown mustard seeds** and stir until they start to pop, **1 minute**. Add the **onion** and cook until softened, **4-5 minutes**. Add the **garlic** and **mild North Indian spice blend** and cook until fragrant, **1 minute**.



## 2. Roast the veggies

While the rice is cooking, cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **capsicum** into thin strips. Place the **sweet potato**, **capsicum** and **peeled & chopped pumpkin** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 5. Finish the curry

Add the **coconut milk** to the pan and crumble in the **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Simmer until thickened, **5 minutes**. Stir through the **roasted veggies** and **baby spinach leaves** until the **spinach** has wilted, **2 minutes**. Season to taste with **lemon juice**, **salt** and **pepper**.



## 3. Get prepped

While the rice is cooking, thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Cut the **lemon (see ingredients list)** into wedges.



## 6. Serve up

Thinly slice the **long red chilli**. Divide the brown rice between bowls and top with the mild sweet potato and coconut curry. Garnish with the roasted cashews and long red chilli (if using). Serve any remaining lemon on the side.

**Enjoy!**