



Thai Green Pumpkin & Broccoli Curry

with Brown Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Brown Rice



Peeled & Chopped Pumpkin



Broccoli



Garlic



Ginger



Kaffir Lime Leaves



Asian Greens



Long Red Chilli (Optional)



Thai Green Curry Paste



Coconut Milk



Crushed Peanuts

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

Spicy (optional long red chilli and Thai green curry paste)

This pumpkin and broccoli curry is a little bit sweet, a little bit spicy, a little bit salty and totally delicious! It's packed with veggie goodness and sprinkled with crushed peanuts for extra flavour and crunch. Dig in!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a 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*	3 cups	6 cups
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
kaffir lime leaves	2 leaves	4 leaves
Asian greens	1 bunch	2 bunches
long red chilli (optional)	½	1
Thai green curry paste	¾ tin	1½ tins
coconut milk	1 tin (400ml)	2 tins (800ml)
soy sauce*	2 tsp	1 tbs
brown sugar*	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3760kJ (897Cal)	672kJ (161Cal)
Protein (g)	25.5g	4.6g
Fat, total (g)	51.1g	9.2g
- saturated (g)	37.2g	6.7g
Carbohydrate (g)	77.4g	13.9g
- sugars (g)	12.0g	2.1g
Sodium (g)	2430mg	435mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Cook the brown rice

Preheat the oven to **220°C/200°C fan-forced**. In a medium saucepan, bring the **brown rice** and the **water** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain, return to the pan and cover to keep warm.



2. Roast the pumpkin

While the rice is cooking, place the **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.



3. Get prepped

While the pumpkin is roasting, cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Remove the centre veins from the **kaffir lime leaves**, then finely chop. Roughly chop the **Asian greens**. Thinly slice the **long red chilli** (see ingredients list), if using.

TIP: The kaffir lime leaves are fibrous so you want to chop them as finely as possible.



4. Start the curry

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **garlic**, **ginger**, **kaffir lime** and **Thai green curry paste** (see ingredients list) and cook until fragrant, **1 minute**. Add the **coconut milk** and **broccoli** and bring to the boil. Simmer until the **broccoli** is tender, **4-5 minutes**. Stir through the **Asian greens** and cook until wilted, **1-2 minutes**.



5. Add the pumpkin

Add the roasted **pumpkin**, **soy sauce** and **brown sugar** to the curry and stir to combine.



6. Serve up

Divide the brown rice between bowls and top with the Thai green pumpkin and broccoli curry. Sprinkle with the **crushed peanuts** and chilli (if using).

Enjoy!