



Thai Pumpkin & Veggie Red Curry

with Crushed Peanuts

Grab your Meal Kit with this symbol



Butternut Pumpkin



Jasmine Rice



Zucchini



Capsicum



Garlic



Coriander



Thai Red Curry Paste



Coconut Milk



Vegetable Stock



Crushed Peanuts

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

Spicy (Thai red curry paste)

This Thai red curry is loaded with veggies, giving it plenty of nutritional virtue to boast about, but the pumpkin, zucchini and capsicum do so much more. Coated in a creamy red curry sauce, they become soft, sweet and incredibly moreish. The only way to improve this cracking curry? Crushed peanuts. Tick!

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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
zucchini	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
coriander	1 bag	1 bag
Thai red curry paste	½ tin	1 tin
coconut milk	1 box (400ml)	2 boxes (800ml)
vegetable stock	½ cube	1 cube
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4162kJ (994Cal)	477kJ (114Cal)
Protein (g)	23.7g	2.7g
Fat, total (g)	51.1g	5.9g
- saturated (g)	26.6g	3.1g
Carbohydrate (g)	96.7g	11.1g
- sugars (g)	29.5g	3.4g
Sodium (mg)	1537mg	176mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Peel the **butternut pumpkin** and cut into 2cm chunks. Place the **pumpkin** on the oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.



Cook the rice

While the pumpkin is roasting, bring the **water** to the boil in a medium saucepan. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and set aside, covered, until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



Prep the veggies

Cut the **zucchini** and **capsicum** into 1cm chunks. Finely chop the **garlic**. Roughly chop the **coriander**.



Start the curry

SPICY! You may find the curry paste hot! Feel free to add less, depending on your taste. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **capsicum** and **zucchini** and cook until slightly softened, **5-6 minutes**. Add the **Thai red curry paste** (see ingredients) and **garlic** and cook until fragrant, **1-2 minutes**.



Make it a curry

Add the **coconut milk** to the curry and crumble in the **vegetable stock** (1/2 cube for 2 people / 1 cube for 4 people). Bring to the boil over a high heat, then reduce the heat to medium. Simmer until well combined, **3 minutes**. Add the **soy sauce** and roasted **pumpkin** to the curry and stir to combine.



Serve up

Divide the rice between bowls and top with the Thai pumpkin and veggie red curry. Sprinkle with the **crushed peanuts** and coriander to serve.

Enjoy!