



# Thai Pumpkin & Veggie Red Curry

with Jasmine Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Jasmine Rice



Capsicum



Broccoli



Garlic



Roasted Peanuts



Thai Red Curry Paste



Coconut Milk



Vegetable Stock Powder



Coriander

- 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, broccolini 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? Roasted 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 a lid · Large frying pan with a lid (or foil)

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
capsicum	1	2
broccolini	1 bunch	1 bunch
garlic	2 cloves	4 cloves
roasted peanuts	1 packet	2 packets
Thai red curry paste	¾ packet	1½ packets
coconut milk	1 tin (400ml)	2 tins (800ml)
vegetable stock powder	1 sachet	1 sachet
soy sauce*	1 tbs	2 tbs
coriander	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3810kJ (909Cal)	589kJ (141Cal)
Protein (g)	22.2g	3.4g
Fat, total (g)	44.6g	6.9g
- saturated (g)	25.5g	3.9g
Carbohydrate (g)	93.8g	14.5g
- sugars (g)	20.7g	3.2g
Sodium (mg)	1930mg	299mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the pumpkin

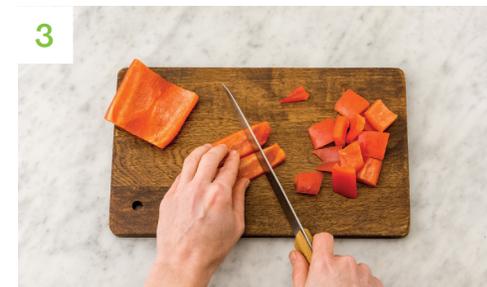
Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.



## Cook the rice

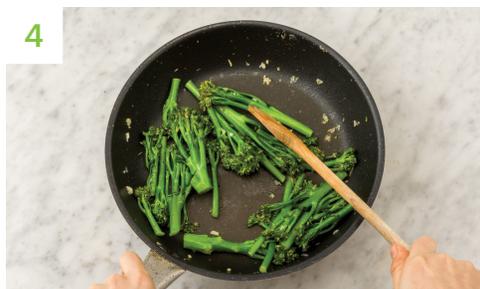
While the pumpkin is roasting, bring the **water** to the boil in a medium saucepan. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and set aside, covered, until the rice is tender and all the water is absorbed,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

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



## Prep the veggies

While the rice is cooking, cut the **capsicum** into 2cm chunks. Trim the **broccolini** and cut into 3cm pieces. Finely chop the **garlic**. Crush the **roasted peanuts** in their packet using a rolling pin (or finely chop if you prefer).



## 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 **broccolini** 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**.



## Finish the curry

Add the **coconut milk** and **vegetable stock powder** to the curry. Bring to the boil over a high heat, then reduce the heat to medium. Cover with a lid (or foil) and simmer until well combined, **3 minutes**. Remove the lid, then stir in the **soy sauce** and roasted **pumpkin**.



## Serve up

Roughly chop the **coriander**. Divide the jasmine rice between bowls and top with the Thai pumpkin and veggie red curry. Sprinkle with the crushed peanuts and coriander.

Enjoy!