



THAI PUMPKIN & VEGGIE RED CURRY

with Roasted Peanuts



Make a Thai red curry!



Jasmine Rice



Peeled Pumpkin



Red Capsicum



Green Beans



Garlic



Coriander



Roasted Peanuts



Thai Red Curry Paste



Coconut Milk



Vegetable Stock

Hands-on: **20** mins
Ready in: **35** 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, green beans 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 Staples: Olive Oil, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan** with a **lid** (or **foil**)



1 COOK THE RICE

In a medium saucepan, bring the **water** to the boil. 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!*



2 GET PREPPED

While the rice is cooking, cut the **peeled pumpkin** into 2cm chunks. Cut the **red capsicum** into 1cm chunks. Trim the **green beans** and slice into thirds. Finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**. Using a rolling pin or the base of a saucepan, crush the **roasted peanuts** in their packet (or finely chop if you prefer).



3 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 **pumpkin, capsicum and green beans** and cook until slightly softened, **5-6 minutes**. Add the **Thai red curry paste** (see ingredients list) and **garlic** and cook until fragrant, **1-2 minutes**.



4 SIMMER THE CURRY

Add the **coconut milk** and **vegetable stock** (see ingredients list) to the curry. Bring to the boil over a high heat, then reduce the heat to medium and cover with a lid (or foil). Simmer, stirring occasionally, until the pumpkin is tender, **10-12 minutes**.



5 FINISH THE CURRY

Add the **soy sauce** to the curry and stir to combine.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
peeled pumpkin	1 packet (400g)	1 packet (800g)
red capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
coriander	1 bunch	1 bunch
roasted peanuts	1 packet	2 packets
Thai red curry paste	½ tin (43g)	1 tin (95g)
coconut milk	1 tin (400ml)	2 tins (800ml)
vegetable stock	½ sachet	1 sachet
soy sauce*	4 tsp	2½ tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3810kJ (909Cal)	513kJ (123Cal)
Protein (g)	22.0g	3.0g
Fat, total (g)	45.1g	6.1g
- saturated (g)	25.2g	3.4g
Carbohydrate (g)	93.1g	12.5g
- sugars (g)	23.5g	3.2g
Sodium (g)	1330mg	179mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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