



Thai Pumpkin & Veggie Red Curry



with Crushed Peanuts

Grab your Meal Kit
with this symbol



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| 
Butternut Pumpkin | 
Jasmine Rice |
| 
Zucchini | 
Capsicum |
| 
Garlic | 
Thai Red Curry Paste |
| 
Coconut Milk | 
Vegetable Stock |
| 
Coriander | 
Crushed Peanuts |

 Hands-on: **20-30 mins**
 Ready in: **35-45 mins**
 Naturally gluten-free
Not suitable for Coeliacs

 Plant based
 Spicy (Thai red
curry paste)

This Thai red curry is loaded with veggies, giving it plenty of nutritional virtue to boast about. 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 (or Gluten-Free
Tamari 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 with lid (or foil)

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
Thai red curry paste	½ tin	1 tin
coconut milk	1 tin (400ml)	2 tins (800ml)
vegetable stock	½ cube	1 cube
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
coriander	1 bag	1 bag
crushed peanuts	1 small packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3788kJ (905Cal)	439kJ (104Cal)
Protein (g)	19.8g	2.3g
Fat, total (g)	43.6g	5.1g
- saturated (g)	25.3g	2.9g
Carbohydrate (g)	94.6g	11g
- sugars (g)	28.7g	3.3g
Sodium (mg)	1426mg	165mg

The quantities provided above are averages only.

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.

1



Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Peel the **butternut pumpkin** and cut into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly and roast until tender, **20-25 minutes**.

2



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!

3



Prep the veggies

Cut the **zucchini** and **capsicum** into small chunks. Finely chop the **garlic**.

4



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. Cook the **zucchini** and **capsicum** until slightly softened, **5-6 minutes**. Add the **Thai red curry paste** (see ingredients) and **garlic** and cook until fragrant, **1-2 minutes**.

5



Make it saucy

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 and cover with a lid (or foil). Simmer until well combined, **3 minutes**. Add the **soy sauce** and roasted **pumpkin** to the **curry** and stir to combine.

6



Serve up

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

Enjoy!