



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on [f](#) [t](#) [i](#)  
You'll be entered into our weekly photo contest!

## Deliciously Ella's Coconut Thai Curry with Chickpeas

If you haven't heard of Ella Woodward yet then there's a good chance you haven't left your house / read a newspaper / gone online in the last 12 months. Ella is the fresh face of healthy eating and her blog [deliciouslyella.com](#) is a gold mine of tasty, nutritious alternatives to some of the naughtier things we eat. If you like this recipe check out her book "Deliciously Ella" on Amazon - it's a corker!



45 min



*lactose  
free*



*veggie*



*spicy*



*gluten  
free*



*Butternut Squash*



*Coconut Milk*



*Organic Chopped  
Tomatoes*



*Ginger*



*Chilli Flakes*



*Aubergine*



*Brown Rice*



*Organic Chickpeas*





*Brown Miso Paste*



*Coriander*

Ingredients

	2P	4P
Butternut Squash	1 cup	2 cups
Coconut Milk	1 cup	2 cups
Organic Chopped Tomatoes	1 tin	2 tins
Ginger, grated	1 tbsp	2 tbsp
Chilli Flakes	½ tsp	1 tsp
Aubergine, cubed	1 cup	2 cups
Brown Rice	1 cup	2 cups
Organic Chickpeas	⅓ cup	⅔ cup
Brown Miso Paste 1, 2	½ tbsp	1 tbsp
Coriander, chopped	3 tbsp	6 tbsp

-  May feature in another recipe
-  Our produce comes fresh from the farm so give it a little wash before using

Allergens  
1) Soya | 2) Sulphites

Nutrition per serving: Calories: 891 kcal | Protein: 26 g | Carbs: 169 g | Fat: 23 g | Saturated Fat: 17 g



1 To dismantle your butternut squash chop it in half widthways to separate the top from the bulb at the bottom. Put the flat part of each half on the chopping board then slice downwards to remove the skin. Chop the bulb in half widthways and remove the seeds with a spoon. Finally chop the squash into 2cm cubes.



2 Preheat the oven to 200 degrees and boil a large pot of water with ½ tsp of salt. Put the coconut milk, tinned tomatoes, grated ginger and chilli flakes into a large saucepan on medium heat with a sprinkle of salt and pepper. Bring it up to a gentle bubble. **Tip:** Use less chilli if you like it mild.



3 Chop the aubergine in half lengthways, then slice each half lengthways into around six strips. Now turn the strips widthways and chop into roughly 2cm cubes.



4 Rinse the brown rice under running water for 30 seconds then put the rice in the boiling water and cook on high heat for around 25 mins before draining.

5 Add the squash, aubergine and chickpeas into the coconut mixture, give it a stir and put a lid on for 10 mins on medium-low heat.

6 Stir through the miso paste then transfer the whole mixture to the oven (use an oven-proof dish if your pot cannot go in the oven) without a lid and cook for a further 20 mins.

7 While you're waiting, give the kitchen a quick tidy and practice your downward dog.

8 Lastly stir through some chopped coriander before serving with your rice.

*\*Adapted from Ella's original recipe for HelloFresh*