



THAI GREEN PUMPKIN & BROCCOLI CURRY

with Roasted Peanuts



Cook a vegetable green curry



Brown Rice



Broccoli



Garlic



Makrut Lime Leaves



Asian Greens



Roasted Peanuts



Peeled Pumpkin



Thai Green Curry Paste



Coconut Milk

Hands-on: **20 mins**
Ready in: **35 mins**
Spicy (Thai green curry paste)

This pumpkin and broccoli curry is a little bit sweet, a little bit spicy, a little bit salty and totally delicious! It's packed with veggie goodness and sprinkled with roasted peanuts for extra flavour and crunch. Dig in!

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar

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**



1 COOK THE BROWN RICE

Rinse the **brown rice** well. In a medium saucepan, bring the **rice** and the **water** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is tender, **25-30 minutes**. Drain and return to the saucepan.



2 PREP THE VEGGIES

While the rice is cooking, cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Remove the centre veins, then finely slice the **makrut lime leaves**. Roughly chop the **Asian greens**. Gently crush the **roasted peanuts** (still in their packet) with a rolling pin or the bottom of a saucepan, or roughly chop them if you prefer. Cut the **peeled pumpkin** into 2cm chunks.



3 COOK THE PUMPKIN

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **pumpkin** and cook, tossing occasionally, until softened, **7-9 minutes**.



4 START THE CURRY

Add the **garlic**, sliced **makrut lime leaves** and **Thai green curry paste** to the frying pan and cook, stirring, until fragrant, **1 minute**. Add the **coconut milk** and **broccoli** and bring to the boil. Simmer until the **broccoli** and **pumpkin** are tender, **4-5 minutes**.



5 ADD THE ASIAN GREENS

Stir the **Asian greens** through the curry and cook until wilted, **1-2 minutes**. Add the **soy sauce** and **brown sugar** and stir to combine.



6 SERVE UP

Divide the brown rice between bowls and top with the Thai green pumpkin and broccoli curry. Sprinkle with the crushed peanuts.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
water*	3 cups	6 cups
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
makrut lime leaves	2 leaves	4 leaves
Asian greens	1 bunch	2 bunches
roasted peanuts	1 packet	2 packets
peeled pumpkin	1 packet (200g)	1 packet (400g)
Thai green curry paste	1 tin	2 tins
coconut milk	1 tin (400ml)	2 tins (800ml)
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3660kJ (875Cal)	585kJ (140Cal)
Protein (g)	25.0g	4.0g
Fat, total (g)	45.7g	7.3g
- saturated (g)	25.6g	4.1g
Carbohydrate (g)	77.0g	12.3g
- sugars (g)	10.5g	1.7g
Sodium (g)	3010mg	481mg

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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