

THAI GREEN PUMPKIN & BROCCOLI CURRY

with Roasted Peanuts





Cook a vegetable green curry









Makrut Lime





Roasted Peanuts



Peeled Pumpkin



Thai Green Curry Paste



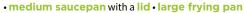
Coconut Milk

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar



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!

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





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.



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.



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.



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.



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.



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

ENJOY!

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
at, 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

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