



# Thai Red Pumpkin & Broccoli Curry

with Basmati Rice & Roasted Cashews

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Peeled & Chopped Pumpkin



Broccoli



Garlic



Makrut Lime Leaves



Asian Greens



Thai Red Curry Paste



Coconut Milk



Roasted Cashews

Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

Spicy (Thai red curry paste)

Enjoy a bowl of rich and creamy Thai curry, loaded with colourful veggies and aromatic spices. With a sprinkling of roasted cashews to finish it all off, this delicious meal will beat your local takeaway joint!

*Unfortunately, this week's brown rice was in short supply, so we've replaced it with basmati rice. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar

## 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

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	1 packet
carrot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
makrut lime leaves	2 leaves	4 leaves
Asian greens	1 packet	1 packet
Thai red curry paste	½ tin	1 tin
coconut milk	1 tin (400ml)	2 tins (800ml)
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
roasted cashews	1 sachet	2 sachets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3979kJ (951Cal)	502kJ (119Cal)
Protein (g)	25.9g	3.3g
Fat, total (g)	50.6g	6.4g
- saturated (g)	26.4g	3.3g
Carbohydrate (g)	82.3g	10.4g
- sugars (g)	20.2g	2.5g
Sodium (mg)	938mg	118mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the rice

Preheat the oven to **220°C/200°C fan-forced**. In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Roast the veggies

While the rice is cooking, cut the **carrot** (unpeeled) into 1cm chunks. Place the **peeled & chopped pumpkin, carrot** and a drizzle of **olive oil** on an oven tray lined with baking paper. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** Cut the carrot to size so it cooks in time.



## Get prepped

While the veggies are roasting, cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic**. Remove the stem from **makrut lime leaves**, then very finely chop. Roughly chop the **Asian greens**.

**TIP:** Makrut lime leaves have a fibrous texture, so you want to cut them very thinly!



## Start the curry

**SPICY!** The **curry paste** is spicy, use less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **broccoli** until just softened, **5-6 minutes**. Add the **garlic, makrut lime** and **Thai red curry paste** (see ingredients) and cook until fragrant, **1 minute**. Add the **coconut milk** and bring to the boil. Reduce the heat to medium and simmer until the broccoli is tender, **4-5 minutes**. Stir through the **Asian greens** until wilted.



## Finish the curry

Stir the **soy sauce, brown sugar** and roasted **veggies** through the curry until combined.



## Serve up

Divide the basmati rice between bowls and top with the Thai red pumpkin and broccoli curry. Sprinkle with the **roasted cashews**.

Enjoy!