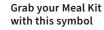


Hands-on: 20-30 mins

Ready in: 35-45 mins Spicy (Thai red

curry paste)

Thai Red Pumpkin & Broccoli Curry with Basmati Rice & Roasted Cashews













Peeled & Chopped



Pumpkin







Asian Greens



Coconut Milk



Roasted Cashews

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!

Pantry items

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 \cdot Oven tray lined with baking paper \cdot 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

)0g
19Cal)
g
g
5
g
g
ng

Allergens

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

Visit **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!