

Thai Yellow Curry & Roasted Veggies

with Garlic Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Carrot



Cauliflower



Onion



Peeled Pumpkin Pieces



Garlic



Jasmine Rice



Fresh Chilli (Optional)



Makrut Lime Leaves



Yellow Curry Paste



Ginger Paste



Coconut Milk



Salad Leaves



Crushed Peanuts



Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: **25-35 mins**
Ready in: **35-45 mins**



Plant Based



Spicy (optional fresh chilli & yellow curry paste)

Embrace the sunset with this roast veggie and makrut lime leaves (for that touch of citrusy goodness) yellow curry. Garnish with crushed peanuts to add a bit of nutty crunch and this creamy, spiced dish is done.

Pantry items

Olive Oil, Plant-Based Butter, 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
onion	1 (medium)	1 (large)
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
plant-based butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
fresh chilli (optional)	½	1
makrut lime leaves	2 leaves	4 leaves
yellow curry paste	½ packet	1 packet
ginger paste	1 medium packet	1 large packet
coconut milk	1 box (200ml)	1 tin (400ml)
brown sugar*	1 tsp	2 tsp
water* (for the curry)	½ cup	¾ cup
salad leaves	1 medium bag	1 large bag
crushed peanuts	1 packet	2 packets
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3391kJ (810Cal)	558kJ (133Cal)
Protein (g)	18.7g	3.1g
Fat, total (g)	40.6g	6.7g
- saturated (g)	24.6g	4g
Carbohydrate (g)	90.2g	14.8g
- sugars (g)	17g	2.8g
Sodium (mg)	983mg	162mg

The quantities provided above are averages only.

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** into bite-sized chunks. Cut **cauliflower** into small florets. Cut **onion** into wedges. Place **carrot, cauliflower, onion** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



Start the curry

SPICY! You may find the curry paste hot! Add less if you're sensitive to heat. When veggies have **5 minutes** remaining, heat a large frying pan over medium heat with a drizzle of **olive oil**. Add **yellow curry paste** (see ingredients), **ginger paste** and **makrut lime leaves** and cook until fragrant, **1-2 minutes**.



Cook the rice

While the veggies are roasting, finely chop **garlic**. In a medium saucepan, melt **plant-based butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**. Add **water (for the rice)**, a generous pinch of **salt** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until **rice** is tender and water is absorbed, **10-15 minutes**.

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



Finish the curry

Add **coconut milk**, the **brown sugar** and **water (for the curry)**. Stir to combine and cook until slightly thickened, **1-2 minutes**. Remove pan from heat, stir through the **roasted veggies** and **salad leaves** until wilted. Season to taste.

TIP: Add a splash more water if the curry mixture looks too thick.



Get prepped

Meanwhile, thinly slice **fresh chilli** (if using). Remove centre veins from **makrut lime leaves**, then very finely chop.

TIP: The makrut lime leaves are fibrous so you want to cut them into small pieces!



Serve up

Divide garlic rice between bowls. Top with Thai yellow curry and roasted veggies. Garnish with **crushed peanuts** and chilli (if using). Tear over **herbs** to serve.

Enjoy!