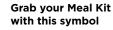
# Mild Thai Pumpkin & Veggie Curry

with Jasmine Rice & Roasted Peanuts

Don't worry, the recipe will be just as delicious!









**Jasmine Rice** 





**Brown Onion** 





Ginger

Mild Thai Red **Curry Paste** 





Coconut Milk

Vegetable Stock





**Baby Spinach** Leaves

**Roasted Peanuts** 



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

This Thai red curry is loaded with veggies, giving it plenty of nutritional virtue to boast about. With pumpkin, carrot and baby spinach coated in a creamy red curry sauce, they become soft, sweet and incredibly moreish for an all-round wholesome dinner.

Unfortunately, this week's Asian greens were in short supply, so we've replaced them with baby spinach leaves.

Pantry items Olive Oil, Soy Sauce

## 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 with a lid (or foil)

## Ingredients

ingredients		
	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
brown onion	1 (medium)	1 (large)
carrot	1	2
ginger	1 knob	2 knobs
mild Thai red curry paste	½ packet	1 packet
coconut milk	1 tin (400ml)	2 tins (800ml)
vegetable stock	½ sachet	1 sachet
soy sauce*	1 tbs	2 tbs
baby spinach leaves	<b>1 bag</b> (60g)	1 bag (120g)
roasted peanuts	1 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	<b>3910kJ</b> (933Cal)	550kJ (131Cal)
Protein (g)	20.9g	3.0g
Fat, total (g)	45.7g	6.5g
- saturated (g)	25.8g	3.6g
Carbohydrate (g)	96.7g	13.6g
- sugars (g)	25.2g	3.6g
Sodium (g)	1260mg	178mg

#### **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.



## 1. Roast the pumpkin

Preheat the oven to 220°C/200°C fan-forced. Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper. Drizzle with olive oil and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, 20-25 minutes.



## 2. Cook the rice

Add the water to a medium saucepan and bring to the boil. Add the jasmine rice, stir, cover with a lid and reduce the heat to low. Cook for 12 minutes, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed. 10-15 minutes.

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



## 3. Start the curry

While the rice is cooking, thinly slice the brown onion. Thinly slice the carrot (unpeeled) into halfmoons. Finely grate the **ginger**. In a large frying pan, heat a drizzle of olive oil over a mediumhigh heat. Add the onion and carrot and cook until slightly softened, 4-5 minutes. Add the mild Thai red curry paste (see ingredients list) and ginger and cook until fragrant, 1-2 minutes.



# 4. Simmer the curry

Add the **coconut milk**, roasted **pumpkin** and the vegetable stock (1/2 sachet for 2 people/ 1 sachet for 4 people) to the frying pan. Bring to the boil over a high heat, then reduce the heat to medium and cover with a lid (or foil). Simmer, stirring occasionally, until the pumpkin is tender, 10 minutes.



# 5. Finish the curry

Add the soy sauce and baby spinach leaves to the curry and cook, stirring, until just wilted, 1 minute.



## 6. Serve up

Divide the jasmine rice between bowls and top with the Thai pumpkin and veggie curry. Sprinkle over the roasted peanuts.

**Enjoy!**