



Mild Thai Pumpkin & Veggie Curry

with Jasmine Rice & Roasted Peanuts



Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Jasmine Rice



Brown Onion



Carrot



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

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

	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	1 bag (60g)	1 bag (120g)
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3910kJ (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](https://www.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**.



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**.



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!*



5. Finish the curry

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



3. Start the curry

While the rice is cooking, thinly slice the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely grate the **ginger**. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high 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**.



6. Serve up

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

Enjoy!