



Warm Thai Pumpkin Salad

with Peanut Dressing



Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Thai Green Curry Paste



Garlic



Coconut Milk



Peanut Butter



Crushed Peanuts



Carrot



Pear



Lemon



Mixed Salad Leaves



Roasted Peanut & Cashew Mix

- Hands-on: **20-30 mins**
- Ready in: **30-40 mins**
- Spicy (Thai green curry paste)

We love thinking outside the box, like using aromatic green curry paste to flavour roasted pumpkin, then adding a creamy peanut dressing to make a warm, satisfying salad. It's the Thai flavours you love, served in a fresh new way!

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

Oven tray lined with baking paper ·
Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
Thai green curry paste	½ tin	1 tin
garlic	1 clove	2 cloves
coconut milk	1 tin (165ml)	1 tin (400ml)
peanut butter	1 packet	2 packets
crushed peanuts	1 packet	2 packets
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
carrot	1	2
pear	½	1
lemon	½	1
mixed salad leaves	1 bag (60g)	1 bag (120g)
roasted peanut & cashew mix	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2530kJ (604Cal)	445kJ (106Cal)
Protein (g)	18.2g	3.2g
Fat, total (g)	38.0g	6.7g
- saturated (g)	13.8g	2.4g
Carbohydrate (g)	38.7g	6.8g
- sugars (g)	26.8g	4.7g
Sodium (g)	1600mg	281mg

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**. In a medium bowl, add the **peeled & chopped pumpkin, Thai green curry paste (1/2 tin for 2 people / 1 tin for 4 people), a drizzle of olive oil** and a **pinch of salt and pepper** and toss to coat. Spread the **pumpkin** out on an oven tray lined with baking paper and roast until tender, **20-25 minutes**.



4. Prep the salad

Grate the **carrot** (unpeeled). Thinly slice the **pear** (see ingredients list). Slice the **lemon** (see ingredients list) into wedges.



2. Prep the garlic

While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press).



5. Bring it all together

In a medium bowl, add the **carrot, pear and mixed salad leaves**. Just before serving, **drizzle** with a **little olive oil**, add a **squeeze of lemon juice** and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



3. Make the dressing

In a medium saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **coconut milk, peanut butter, crushed peanuts, soy sauce and brown sugar**. Bring to the boil and stir to combine. Reduce the heat to medium and simmer until well combined and thickened slightly, **1-2 minutes**. Set aside to cool.



6. Serve up

Divide the salad between bowls and top with the Thai roasted pumpkin. Drizzle over the peanut dressing and garnish with the **roasted peanut & cashew mix**. Serve with any remaining lemon wedges.

TIP: You can toss everything together if you prefer!

Enjoy!