



EGGPLANT & PUMPKIN THAI GREEN CURRY

with Kaffir Lime Rice



Use eggplant in a curry



Kaffir Lime Leaves



Jasmine Rice



Eggplant



Broccoli



Peeled & Chopped Pumpkin



Thai Green Curry Paste



Coconut Cream



Lime



Crispy Shallots

Hands-on: **20-30** mins
Ready in: **30-40** mins

Spicy (Thai green curry paste)

With its gentle warming heat and colourful veggies, a rich and creamy Thai curry is a classic Aussie meal for a reason! Whip up this version with eggplant, broccoli and pumpkin, plus aromatic rice made with kaffir lime leaves, and embrace the modern classics.

Pantry Staples: Olive Oil, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan** with a **lid** (or **foil**)



1 COOK THE KAFFIR LIME RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Scrunch the **kaffir lime leaves** in your hands, then add to the water along with 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 set aside, covered, until the rice is tender and the water is absorbed, **10-15 minutes**. **TIP:** The rice will finish cooking in its own steam so don't peek!



2 PREP THE VEGGIES

While the rice is cooking, cut the **eggplant** into 1cm cubes. Cut the **broccoli** into small florets and roughly chop the stalk. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



3 START THE CURRY

SPICY! The curry paste is spicy, use 1/2 if you're sensitive to heat. In a large frying pan, heat a **good drizzle of olive oil** over a high heat. When the oil is hot, add the **eggplant** and **pumpkin** and cook until softened, **5 minutes**. Reduce the heat to medium and add the **Thai green curry paste (see ingredients list)** and cook, stirring, until fragrant, **1 minute**.



4 SIMMER THE CURRY

Add the **coconut cream** and the **water (for the curry)** and bring to a simmer. Cover the pan with a lid or foil and simmer until the pumpkin is soft, **10-12 minutes**. In the last **5 minutes** of cook time, add the **broccoli** and cook until tender.



5 PREP THE TOPPINGS

While the curry is simmering, slice the **lime (see ingredients list)** into wedges. Stir the **soy sauce** and a **squeeze of lime juice** through the curry.



6 SERVE UP

Remove the kaffir lime leaves from the rice, then divide the infused rice and eggplant, broccoli and pumpkin curry between bowls. Serve with the remaining lime wedges and sprinkle with the **crispy shallots**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
kaffir lime leaves	2 leaves	4 leaves
jasmine rice	1 packet	2 packets
eggplant	1	2
broccoli	1 head	2 heads
peeled & chopped pumpkin	1 packet	1 packet
Thai green curry paste	¾ tin (72g)	1½ tins (143g)
coconut cream	1 box (200ml)	2 boxes (400ml)
water* (for the curry)	½ cup	1 cup
lime	½	1
soy sauce*	1 tsp	2 tsp
crispy shallots	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3350kJ (801Cal)	587kJ (140Cal)
Protein (g)	19.7g	3.5g
Fat, total (g)	36.0g	6.3g
- saturated (g)	28.4g	5.0g
Carbohydrate (g)	93.6g	16.4g
- sugars (g)	18.7g	3.3g
Sodium (g)	1180mg	207mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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