

Penang Lentil Curry with Bok Choy Rice

This lively Malaysian curry is all about balance: both rich and creamy yet fresh and hearty, and full of lovely veggies. A little patience in allowing the pumpkin to caramelise and the curry paste to release its aromatics will result in a perfect curry. Don't forget to start with only half the curry paste if you're wary of the heat!



Prep: 10 mins **Cook:** 25 mins **Total:** 35 mins



level 1



high fibre







Warm Water



Water



Red Onion



Pumpkin



Penang Curry Paste



Coconut Milk



Vegetabl Stock









d Lantils Lasmi





2P	4P	Ingredients		Ingredient features in another recipe		
1 tbs	2 tbs	vegetable oil *				
1/2	1	red onion, peeled & finely sliced		* Pantry Items		
1/2	1	pumpkin, peeled & chopped into 2 cm cubes				
1 tbs	2 tbs	Penang curry paste (recommended amount)		Pre-preparation		
½ tin	1 tins	coconut milk				
1 ½ cups	3 cups	warm water *		Nutrition per serve		
1 cube	2 cubes	vegetable stock, crumbled		Energy	3700	Kj
1 packet	2 packets	red lentils		Protein	31.4	g
1 tbs	2 tbs	salt-reduced soy sauce *		Fat, total	28.1	g
3 cups	6 cups	water *		-saturated	13.8	g
1 packet	2 packets	Jasmine rice, rinsed well		Carbohydrate	118	g
1 bunch	2 bunches	baby bok choy, roughly chopped		-sugars	17.3	g
1 bunch	2 bunches	coriander, roughly chopped		Sodium	1240	mg

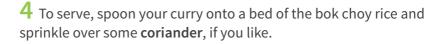


You will need: chef's knife, chopping board, sieve, large heavy-based saucepan, wooden spoon and medium saucepan.

1 Heat the **vegetable oil** in a large heavy-based saucepan over a medium-high heat. Add the **red onion** and **pumpkin**. Cook, stirring occasionally, for 6 **minutes**, or until slightly caramelised. Stir in the **Penang curry paste** and cook for 1 **minute** (if you are afraid of heat, add the paste a little at a time until the required taste is achieved).



- 2 Add the coconut milk, warm water, vegetable stock and the red lentils. Bring to the boil then reduce the heat to medium. Simmer, uncovered and stirring occasionally, for 15 minutes. Add the salt-reduced soy sauce and simmer for a further 3 minutes.
- 3 Meanwhile, bring the remaining water to the boil in a medium saucepan. Add the Jasmine rice and cook for 10-12 minutes, or until soft. Add the baby bok choy in the last minute. Drain and return the rice and baby bok choy to the saucepan. Stir to combine.







Did you know? Coconut milk is derived from the flesh of the coconut, rather than the coconut liquid.