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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 caramelize 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



high protein

Pantry Items



Vegetable Oil



Warm Water



Salt-Reduced Soy Sauce



Water



Red Onion



Pumpkin



Penang Curry Paste



Coconut Milk



Vegetable Stock



Red Lentils



Jasmine Rice



Baby Bok Choy



Coriander

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2P	4P	Ingredients
1 tbs	2 tbs	vegetable oil *
½	1	red onion, peeled & finely sliced
½	1	pumpkin, peeled & chopped into 2 cm cubes
1 tbs	2 tbs	Penang curry paste (recommended amount)
½ tin	1 tins	coconut milk
1 ½ cups	3 cups	warm water *
1 cube	2 cubes	vegetable stock, crumbled
1 packet	2 packets	red lentils
1 tbs	2 tbs	salt-reduced soy sauce *
3 cups	6 cups	water *
1 packet	2 packets	Jasmine rice, rinsed well
1 bunch	2 bunches	baby bok choy, roughly chopped
1 bunch	2 bunches	coriander, roughly chopped

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	3700	Kj
Protein	31.4	g
Fat, total	28.1	g
-saturated	13.8	g
Carbohydrate	118	g
-sugars	17.3	g
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.

4 To serve, spoon your curry onto a bed of the bok choy rice and sprinkle over some **coriander**, if you like.



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