



(02) 8188 8722 | HelloFresh.com.au

WK07
2017



Pumpkin & Lentil Thai Curry with Bok Choy Rice

This lively Thai 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



spicy

Pantry Items



Vegetable Oil



Salt-Reduced Soy Sauce



Water



Warm Water



Red Onion



Pumpkin



Vegetarian Penang curry paste



Coconut milk



Vegetable Stock



Red Lentils



Jasmine Rice



Baby Bok Choy



Coriander

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1 tbs	2 tbs	vegetable oil *
½	1	red onion, finely sliced
400 g	800 g	pumpkin, skin removed & chopped into 2 cm cubes
1 tub	2 tubs	vegetarian Penang curry paste (recommended amount)
½ tin	1 tin	coconut milk
1 ½ cups	3 cups	warm water *
1 cube	2 cubes	vegetable stock, crumbled
1 packet	2 packets	red lentils, rinsed well
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, washed & roughly chopped
1 bunch	2 bunches	coriander, roughly chopped

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	3750	Kj
Protein	31.6	g
Fat, total	28.1	g
-saturated	13.8	g
Carbohydrate	120	g
-sugars	17.4	g
Sodium	1240	mg

1a



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 **vegetarian 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).

1b



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 stir occasionally, for **15 minutes**. Add the **salt-reduced soy sauce** and simmer for a further **3 minutes**.

2



3 Meanwhile, bring the **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 the **coriander**. Enjoy!

3



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