



# Pumpkin & Veggie Red Curry

with Roasted Cashews & Jasmine Rice



Butternut Pumpkin



Jasmine Rice



Carrot



Capsicum



Garlic



Thai Red Curry Paste



Coconut Milk



Vegetable Stock Powder



Coriander



Roasted Cashews



Chicken Breast

Hands-on: **20-30 mins**  
 Ready in: **35-45 mins**

**Plant based**

**Naturally Gluten-Free**  
*Not suitable for coeliacs*

**Eat Me Early\***  
*\*Custom Recipe Only*

You'll have no problems getting your veggies in with this creamy, cracking curry. The only way to improve it? Sprinkle with cashews for some crunch. Tick!



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce)

## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
Thai red curry paste	½ tin	1 tin
coconut milk	1 large tin	2 large tins
vegetable stock powder	½ medium sachet	1 medium sachet
soy sauce*		
(or gluten-free tamari soy sauce)	1 tbs	2 tbs
coriander	1 bag	1 bag
roasted cashews	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3957kJ (946Cal)	541kJ (129Cal)
Protein (g)	15g	2.1g
Fat, total (g)	50.5g	6.9g
- saturated (g)	32.9g	4.5g
Carbohydrate (g)	99.7g	13.6g
- sugars (g)	23.8g	13.6g
Sodium (mg)	1459mg	200mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4659kJ (1113Cal)	520kJ (124Cal)
Protein (g)	47.3g	5.3g
Fat, total (g)	55.3g	6.2g
- saturated (g)	34.5g	3.9g
Carbohydrate (g)	100.1g	11.2g
- sugars (g)	21g	2.3g
Sodium (mg)	1551mg	173mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Cut the **pumpkin** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly and roast until tender, **20-25 minutes**.

**TIP:** Peel the pumpkin if you prefer!

**TIP:** If your oven tray is crowded, divide the pumpkin between two trays.



## Start the curry

**SPICY!** You may find the curry paste hot! Add less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **capsicum**, tossing, until slightly softened, **5-6 minutes**. Add the **Thai red curry paste** (see ingredients) and **garlic** and cook until fragrant, **1-2 minutes**.

### CUSTOM RECIPE

Before cooking the veggies, cook the chicken, tossing occasionally, until browned and cooked through, 4-5 minutes. Transfer to a plate.



## Cook the rice

While the pumpkin is roasting, add the **water** and a generous pinch of **salt** to a medium saucepan. Bring to the boil, then add 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. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Finish the curry

Add the **coconut milk** and **vegetable stock** powder (see ingredients). Bring to the boil over a high heat, then reduce the heat to medium and cover with a lid (or foil). Simmer until slightly thickened, **3 minutes**. Stir in the **soy sauce** and roasted **pumpkin**, then remove from the heat.

### CUSTOM RECIPE

After adding the coconut milk, return the chicken (plus any resting juices) to the pan.



## Get prepped

Cut the **carrot** and **capsicum** into small chunks. Finely chop the **garlic**.

### CUSTOM RECIPE

If you've added chicken breast, cut the chicken into 2cm chunks.



## Serve up

Roughly chop the **coriander**. Divide the jasmine rice between bowls. Top with the pumpkin and veggie red curry. Sprinkle with the **roasted cashews** and coriander to serve.

## Enjoy!

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